MAY
25 CENTS

How "Kid" Wedge Knocked Out T. B.

Physical Culture

My Sacred Right to Get Drunk

Ten Minutes a Day for Health

Making National Physical Culture Week

39 years a clerk—

and they told him he was too valuable to promote

IN 1883, with all the enthusiasm of youth, he entered the employ of a certain national corporation.

Today, thirty-nine years later, he is a chief clerk—a position he has held for many years.

He wrote to one of the officers of the company some years ago and asked: "Is my work satisfactory? And if it is, why are other men promoted while I stand still?"

To which the officer returned this discouraging reply: "Your work is satisfactory, wholly so. You are the best man on costs in the whole organization. The simple fact is that you are very valuable to us where you are but we do not think you would be as valuable in any other position."

He had become as specialized as the adding machine which he uses; as specialized as the dictating machine into which he talks. A perfect tool for the little job—condemned to it for life because he cannot do other work in other departments as well.

It is too late for him now

He should have sat down in his own home some evening thirty years ago and asked: "Where am I going to be in business ten years from now?"

At the end of the first year which brought no increase he should have said to himself: "I know costs. But what do I know about merchandising? What do I know about advertising? Or office and factory management? Or traffic? Or production? Or corporation finance?"

3 Danger Signals in Business

1. When you have held the same job for a full year without any indication of progress, promotion or increase.
2. When a man is brought in from the outside and placed over you because he has a better all-round knowledge of business.
3. When you begin to be so valuable in a departmental position that the officers cease to think of you as a potential executive.

No man need fear these danger signals if he has properly understood and applied the message contained in the booklet offered below. Send for your copy today.

He should have begun *then* to add to his knowledge of costs a knowledge of each of the other departments of business—the all-round knowledge that every executive must have.

There are thousands of men today facing the same danger signal which he faced and did not read in time. To such men and to every ambitious man in business the Alexander Hamilton Institute makes this fair proposition:

The Institute publishes a book entitled, "Forging Ahead in Business." It is never sold; never distributed indiscriminately. It gives the whole story of the Modern Business Course and Service,—the secret by which a man who knows only one department of business may gain a working knowledge of all departments, not in years but in months. To scores of thousands of men this little book has opened the door to increased income and the joys of larger success.

Send for "Forging Ahead in Business"

The book is rather expensive to produce, but the Institute offers it gladly to any man who will agree to give it one single evening of his time. No other obligation whatever is involved.

Your business future is worth a single evening. That evening may open a whole new line of thought to you and an undreamed of field of opportunity.

Merely fill in the coupon and mail.

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490 Astor Place, New York

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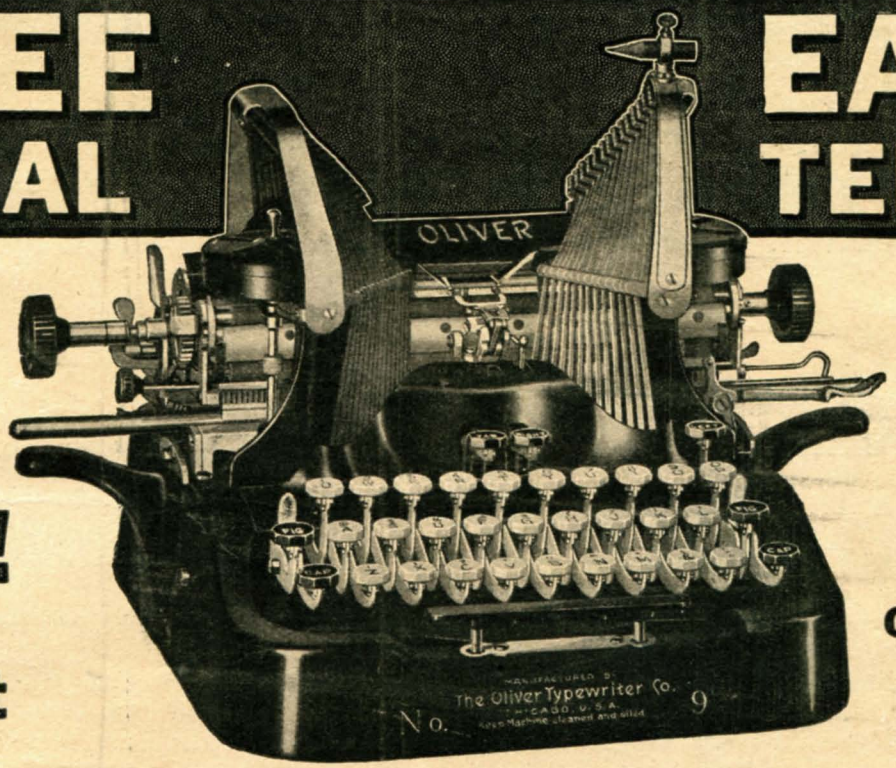

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HERE IS OUR OFFER: The most startling offer ever made by any typewriter manufacturer. SEND NO MONEY — not a single penny down. Just mail us the coupon.

We will ship you absolutely FREE, on 5-DAY TRIAL, a brand new OLIVER NINE typewriter, direct from the factory, to your home or office.

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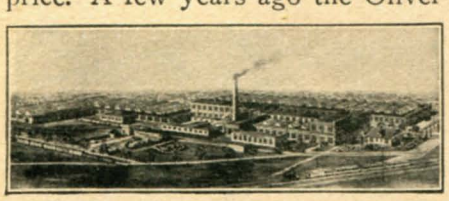
You TRY IT! If you are thoroughly convinced that it is the best typewriter *at any price* that you ever tried, you then pay us a small amount a month—only a few cents a day—and this wonderful typewriter is yours at about half the cost of any other standard typewriter.

The OLIVER NINE is offered to you *today* at an amazingly low price. A few years ago the Oliver sold for $100, or more, like any other standard machine. We had the same cumbersome, expensive methods of selling through branch offices, agents, salesmen. Then we learned this new day way of selling direct by mail.

Today you get an *improved* OLIVER NINE, with many 1922 refinements and improvements—a finer typewriter than we formerly sold for $100 — and you get it at this astonishing new low price — lower than the price of a rebuilt typewriter.



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Don't make any mistake. This is *not* a rebuilt or second-hand typewriter, but a spick-and-span new OLIVER NINE, 1922 model, shipped to you direct from the factory.

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MAIL THE COUPON

You can't afford to overlook this opportunity. A typewriter is today a *necessity.* An economy, as well as a convenience, to everyone. Mail the COUPON NOW, before you forget it. Learn how you can *save half* on a standard OLIVER typewriter — new from the factory.

FREE TRIAL OFFER

THE OLIVER TYPEWRITER COMPANY
235 Oliver Typewriter Bldg., Chicago, Ill.

The Oliver Typewriter Company
235 Oliver Typewriter Bldg., Chicago, Ill

Please send me without the slightest obligation on my part your special free trial offer, illustrated art catalog and the booklet "The High Cost of Typewriters—The Reason and the Remedy."

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Physical Culture

Founded By Bernarr Macfadden

Volume XVLII MAY, 1922 No. 5

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"A treasury of WEALTH and HEALTH"

One of these sturdy pecan trees, photographed June 18, 1921, when only six months old. Man at left J. P. Champion, prominent business man of Albany, Ga., who says: "My pecan orchards, although young, are not for sale at any price. They are a heritage for my children." Man at right, R. C. Berckmans, internationally famous authority on horticulture and nut growing, who says, *"Never before have I created a pecan orchard which made so remarkable a showing in the first year after planting.*

"In nut culture there is a treasury of wealth and health and national prosperity and safety," said Dr. J. H. Kellogg, head of the famous Battle Creek Sanitarium. **"Here is a veritable treasury of wealth, and potential food supply,"** he added. The importance of nut culture is further emphasized when we remember that in the March, 1922, issue of PHYSICAL CULTURE, on page 62, Albert Edward Wiggam, quoting Prof. Raymond Pearl of Johns Hopkins University, states that: "Within 15 years we shall need every ounce of food our soil can produce to feed our home people."

"The one species of nut which now promises soon to surpass in importance any other, is the pecan," says the *American Nut Journal.* **"We are building an industry which for generations should yield its bountiful crop of delicious food and bring millions of dollars to our citizens,"** says page 1478, Vol. 54 of the Congressional Record of the United States, in speaking of pecan orcharding. "The longevity of the pecan orchard and its immense earning power make it one of the most profitable and permanent of agricultural investments," says Burbank, the Edison of Agriculture. **"The pecan growers of South Georgia have the finest horticultural proposition in the United States,"** says E. Lee Worsham, noted entomologist.

Our Free Book, "PAPER SHELL PECANS"

tells all about this opportunity. Shows why the established pecan orchard is a treasury of wealth and health. Shows the wonderful increasing demand for the finest pecans—exhausting earlier each year the increasing supply—because of growing public recognition of the advantages of the pecan as **the purest, sweetest, most concentrated form of fat and protein.** It shows, by eminent food authorities, the reasons why pecans are becoming a staple, all-year 'round food. By government facts and figures it shows the increasing demand for nut meat, especially for the finest of all nuts, the paper shell pecan.

By leading horticultural and agricultural authorities it shows the long life and productivity of the pecan orchard, makes clear the co-operative, profit-sharing plan under which you can secure all the pecans you need for your own table and a surplus to market at a good profit. It illustrates trees of all ages in various portions of our plantations in Southwest Georgia, where pecans thrive best.

Shows the trees planted January, 1921, on our Lee County Plantation which has established a reputation far and wide for high fertility. Explains how you gain a full year in bringing your profitable crops of pecans to market by securing acre-units in this limited planting, each acre planted with twenty established pecan trees under the supervision of R. C. Berckmans, internationally famous authority on horticulture and nut growing. Contains his letter certifying to the age and superior quality of these

Established Certified Pecan Orchards Over 15 Months Old

Tells how these trees, now starting on their big second year's growth, are cultivated and fertilized, we assuming all responsibility for turning over a thrifty orchard. Explains the easy deferred-payment plan on which these acre-units are sold. Get this free book today. The total planting of these orchards is limited. When they are gone, your opportunity to gain a full year in bringing your profitable crops of pecans to market will be gone forever.

ELAM G. HESS, PRESIDENT

KEYSTONE PECAN CO., INC.,

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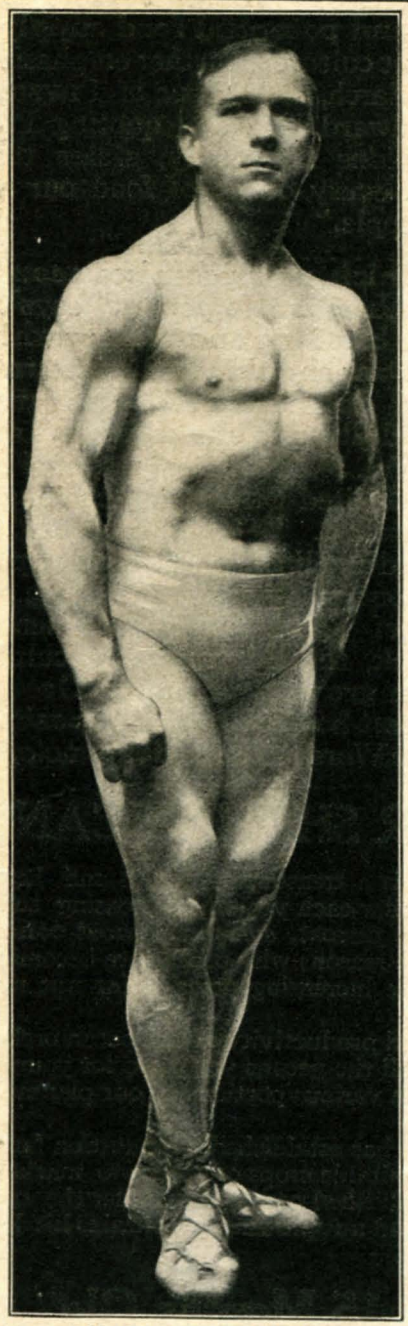
CONQUER Your Weaknesses



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Dr. Sargent, of Harvard, declared that "Strongfort is unquestionably the finest specimen of physical development ever seen."

Master yourself—correct your physical defects—banish the ailments that make your life an existence of misery and regret—throw off the shackles of Catarrh, Constipation, Indigestion, Dyspepsia, Bad Blood, Rupture, Rheumatism, Weak Heart, Vital Depletion, Weak Lungs, Anemia, Nervousness, Poor Memory, Fear, Bad Habits, Weakness, etc., and the numerous other results of neglecting your body and violating natural law (see Consultation Coupon). Show them that you can and will be a healthy, vigorous man with a real man's ambition, spirit and endurance—the powerful man that Creation and Civilization demand you to become.

Get Rid of Your Handicaps

Build up your body and brain and get the joy out of life. You can't be successful, popular or wanted in the home, in business, in society—anywhere, without the health and strength and vigor of real manhood. People you come in contact with instinctively analyze your physical and mental condition. If you are not virile and magnetic—if you lack power, endurance and vitality, everybody will know it. You know how these things affect you when you see them in other people. You know that nobody has the least bit of respect for a weakling. They can't have confidence in a man that may end up any moment on the scrap heap of worn out and useless humanity. You wouldn't have much respect for a business associate who was groggy with Constipation, yellow with Billiousness, weak, anemic and handicapped with Rupture, Flat Feet, Weak Back or some other physical defect—you wouldn't have confidence in a man whose bad living habits showed clearly in his face and bleary eyes—you wouldn't want to do business with or associate with an irritable, grouchy person with frazzled nerves and a wretched, unreasonable temper. Now look at yourself with the same eyes. Are you guilty of these physical and mental defects? Do you not recognize the many faults and weaknesses that have often robbed you of success in business, preference in society and cheated you out of the priceless benefits of real friendship and companionship? Judge yourself without favor—then get busy to root out the elements of failure and make yourself a *real* man.

Win Back Your Vigor and Vitality

Let me help you as I have thousands of others. Accept my hand in friendship as you would a brother's and I will show you Nature's Way Back to Health and Happiness. I'll teach you how to get rid of the ailments and physical defects that are ruining your body and brain. I'll build you up **externally** and **internally,** by the same scientific methods that won for me the World's award as the finest specimen of physical and health attainment. I have dedicated my life to the task of rescuing sick, ailing humanity from the bog of Weakness and thousands of my pupils gladly testify to the wonderful effectiveness of my methods. You can apply these scientific principles with the same satisfactory and permanent results. I want to help you—I can rebuild and restore you with

STRONGFORTISM

The Modern Science of Health Promotion

The Principles of *Strongfortism* are based on my discovery—that *internal muscular harmony and strength* is the Key to lasting, abundant Health and Vitality. The Heart, Lungs, Stomach, Bowels and other vital organs function thru virtue of the contracting power of the muscles contained in their structures. Circulation, Digestion, Assimilation and Elimination are largely the result of *internal muscular action.* The Strongfort Methods go to the very cause of all ailments and weaknesses and by scientifically strengthening and developing the *important internal muscles,* provide 100% results when all other methods disappoint.

Once you accept *Strongfortism,* you enter a new life. The results are immediate and positively thrilling. You feel the rich blood racing through your body—you feel new strength and power developing in every organ and structure—you acquire new poise and a magnetic personality. You can't fail with Strongfortism. I guarantee it.

My Methods Are Beyond Physical Culture

Do not confuse the Science of Strongfortism with gymnastic or ordinary physical culture courses. I am not merely a developer of bulging muscles—I am far more than that for I have devised a real science thru which weak, ailing men are restored to the Glory of Powerful Manhood—to the Summit of Health, Happiness and Success, without the use of dope and drugs, lifting and stretching machines, unnatural deep-breathing, starvation diets, nerve-racking routines or other foolish fads and fancies. From start to finish Strongfortism is practical, sensible and scientific and planned to suit the pupil's individual needs.

Get My Book—It's Free

The truth about the scientific application of Natural Law is contained in my wonderfully interesting book **"Promotion and Conservation of Health, Strength and Mental Energy."** It will tell you frankly and plainly how you can banish your ailments and build up 100% Health, Strength and Vitality. It's absolutely free. Mark the subjects on the free consultation coupon (write additional ailments on extra line) on which you want **special confidential information** and send with 10c to help pay postage, etc. I'll do the rest. Send for my free book **Right Now**—TODAY.

FREE CONSULTATION COUPON

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Mr. Lionel Strongfort, Dept. 778, Newark, N. J.—Please send me your book, **"PROMOTION AND CONSERVATION OF HEALTH, STRENGTH AND MENTAL ENERGY,"** for postage on which I enclose a 10c piece (one dime). Send me special information on subjects marked (X) below, as well as those I may write on extra line without obligation.

..Colds	..Neurasthenia	..Vitality Restored
..Catarrh	..Short Wind	..Failing Hair
..Hay Fever	..Flat Feet	..Deformity (Describe)
..Asthma	..Constipation	..Stomach Disorders
..Obesity	..Billousness	..Successful Marriage
..Headache	..Torpid Liver	..Impotency
..Thinness	..Indigestion	..Pimples
..Rupture	..Nervousness	..Blackheads
..Lumbago	..Poor Memory	..Round Shoulders
..Neuritis	..Rheumatism	..Lung Troubles
..Neuralgia	..Gastritis	..Female Disorders
..Flat Chest	..Heart Weakness	..Weak Back
..Insomnia	..Poor Circulation	..Drug Addiction
..Vital Depletion	..Increased Height	..Healthy Children
..Bad Blood	..Easy Childbirth	..Weaknesses (Specify)
..Weak Eyes	..Despondency	..Muscular Development
..Anemia	..Skin Disorders	..Great Strength
..Debility	..Prostate Troubles	

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Age..... Occupation.....

Street.....

City ..... State.....

LIONEL STRONGFORT

Physical and Health Specialist

Department 778 ***Founded 1895*** **Newark, New Jersey**

Special Notice:—Lionel Strongfort, the World's Famous Athlete and Physical and Health Specialist, has achieved wonderful results with the Principles of Strongfortism. Thousands of pupils throughout the world have testified to the benefits gained under his guidance. He enjoys an excellent reputation in his profession and can be depended upon to do exactly as he promises.

The Secret of Making People Like You

Winning worth-while friends—making influential acquaintances—getting people to like you—is the quick road to social and business success.

By WALLACE OGDEN

HOW many people do you know who are successful merely because somebody likes them?

I know lots of them. And the older I grow, the more convinced I become, that the ability to make people like you is a straight and easy path to advancement.

Now there's Cunningham. He's private secretary to a semi-retired multi-millionaire at $10,000 a year. He travels with his boss, plays golf with him and has a good time generally. He doesn't do much real work because he isn't given much work to do. He got, and holds his job for the one good reason that his employer likes him.

Then there's Harry Howe, who receives $7,500 a year as secretary of a big corporation, just because the president likes him. The president has said that he could get a man to do Harry's work for $2,500, but he said he wouldn't be happy if he didn't have Harry around the office.

And Julia Remington. Julia is neither young nor pretty, but she is earning a good salary and, just at present, is on a two-year trip around the world with the widow of a western mining man, simply because the widow likes Julia's companionship.

And I know many others—and so do you—who have found a pleasant home on Easy street, just because they knew the secret of making people like them.

"Cashing In" on Charm

Personal charm has a *definite cash value*. A pleasing presence—a winning personality—an attractive manner—opens wide the door of innumerable opportunities and advantages that never come to others—*no matter what their talents*—if they have gross, awkward or repellent manners.

You do not live alone. Your whole life—your advancement—your happiness—your success—depend, to an immeasurable degree, upon your ability to make people like you.

The attitude towards you, of every one with whom you come in contact, is governed entirely by your attitude toward them. Therefore, if you desire to profit through their respect, admiration, good-will and cooperation, you must learn how to attract and please them. The only way to do this is through the cultivation of a winning manner that *unconsciously* and *irresistibly* draws them to you.

It has been truly said that "Charm is the Aladdin's lamp of success," for no one can resist those who reflect courtesy, consideration, encouragement and sympathy.

Through the study of pleasing manners, as formulated by the rules of etiquette, an attractive bearing, a tactful presence—grace and charm—can be acquired that will add immensely to your personal equipment—an addition that will lead you straight ahead to greater *social*, *business* and *financial* success.

The author of this up-to-date and authentic work is the internationally-known authority Marvin Dana, M. A., B. A., Ph. D., F. R. G. S., formerly editor *The Smart Set;* assistant editor *McClure's Magazine;* and on the editorial staff of the *New York Herald.*

A Most Important Asset

To know and apply the simple rules of etiquette to your every-day activities is of immense importance.

By acquiring pleasing manners, by following the accepted rules of correct conduct, you add to your life's equipment an asset, the great value of which it is impossible to overestimate.

"Manners are stronger than laws," said Andrew Carlile. This is certainly true, for where will you find a man or woman who is not attracted, impressed and persuaded by pleasing manners?

Those who, through wisely observing the formulated rules of etiquette and culture, have acquired a pleasing address—a winning manner—possess *the most important factor* that enters into the building of a successful social or business career.

A careful observance of the rules of etiquette insures an ease of manner—a poise—a polish—a charm—a grace—a culture—that results in a personality that *wins admiration, commands respect,* and *favorably influences* all people with whom you come in contact.

The Value of Good Manners

The more you investigate the more you will realize that polished, attractive manners have a big, tangible, dollars-and-cents value in every walk of life.

We all know plenty of people whose rough, uncouth, boorish manners make it impossible for them to command people. They are absolutely barred from securing or holding important positions, because they lack the politeness, tact and diplomacy necessary to handle people successfully.

In salesmanship, particularly, attractive manners are extremely profitable. One of the executives of a New York corporation, said of one of their salesmen, "His manner alone earns him $15,000 a year."

Thousands of well-meaning men, women and young folks are being held back from success simply because they have never taken the trouble to cultivate attractive, pleasing manners that would make them popular with others—that would make people like them. If these people only knew the real value of pleasing manners—how they instantaneously and positively win influential friends, secure business openings and advantages and smooth life's every pathway—they would lose no time in securing so important and valuable an asset.

Good breeding—tact—courtesy—a winning manner—is a magic wand that enables you to attract worth-while people, thereby building your social and business structure on a firm and lasting foundation.

How to Learn the Secret

It is now easy for you to learn the secret of securing a pleasing presence—a winning manner—that will interest, attract and make people like you.

"The American Encyclopedia of Etiquette and Culture," will put you into immediate possession of full information and easy-to-follow rules of conduct that enable you to always create the right impression—always do and say the right thing—thereby favorably influencing others and being *welcomed, appreciated* and *admired* in the best circles of business and social life.

This Encyclopedia is complete in eight little books, small enough to slip into a man's pocket or a lady's hand bag. It is printed in clear, easy-to-read type on a fine quality of book paper.

Do not make the mistake, however, of judging it from the standpoint of type, ink and paper. Its value is not in these, but in the invaluable information it contains, by a recognized authority—rules for acquiring attractive manners and personal charm they are of continuous and ever-present help all along the road to social and business success.

Save 43%

Although "The American Encyclopedia of Etiquette and Culture" has heretofore sold at $3.50, you may now obtain a complete set of the very latest edition for only $1.98. We are able to make this big reduction—save you 43%—for three very good reasons: (1) The cost of paper, printing and binding has taken a big tumble. (2) The big demand for the Encyclopedia enables us to print editions sufficiently large to get the cost down to rock bottom. (3) We have succeeded in making a special royalty agreement with Dr. Dana, based on this new low price.

Sent on 30 Days' Trial

The American Encyclopedia of Etiquette and Culture is sold on its *worth* and *merit*. It is sent to you on 30 days' trial with our guarantee of complete satisfaction or it does not cost you one penny. We know that once you have it in your possession, you will instantly realize its great value to you and to your entire social and business future. It takes but a brief inspection to see how it will enable you to acquire that pleasing presence and charm of manner—that tact and diplomacy—that will attract others, make them your friends and win their *respect, admiration* and *co-operation.*

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Merely sign and mail the coupon, then when the Encyclopedia arrives pay your postman only $1.98, plus a few cents postage, simply as a deposit. Then take a whole month, if you wish, to read, analyze and try-out the rules set forth in this splendid work. Then if for any reason whatever you are not delighted with what you learn, all you need do is remail the Encyclopedia to us and your $1.98 will be promptly refunded.

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Dept. E-60, 311-319 Sixth Ave., New York

Gentlemen: Please send me on 30 days' trial a complete set of the latest edition of Dr. Dana's "American Encyclopedia of Etiquette and Culture' in 8 pocket-size books. When it arrives I will pay my postman $1.98, plus postage, and keep it for 30 days. If then I am disappointed in any way I wil mail it to you and you are to refund my $1.98 at once.

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Address.....

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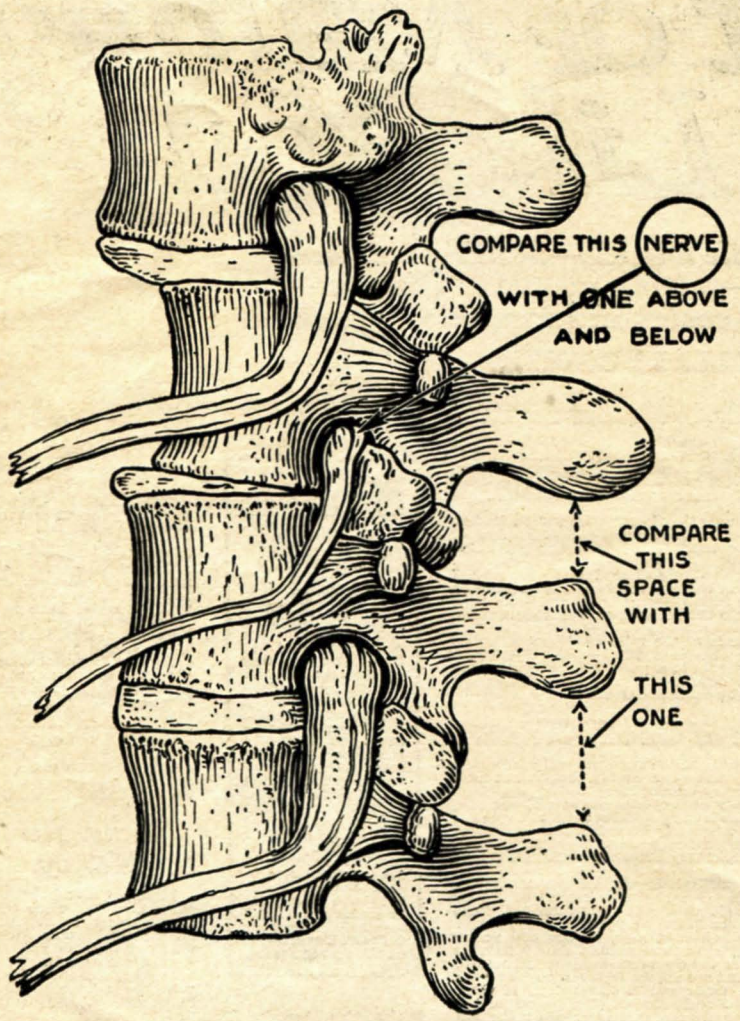
P. C. 5-22

How Big a Thing is CHIROPRACTIC

Chiropractic comes upon the field and makes vast pretensions.

For five thousand years, the best minds of the medical profession, have searched the heavens and the earth, trying in vain to find the cause of disease, which Chiropractic teaches is to be found within the body.



The practice of CHIROPRACTIC consists of the adjustment, with the hands, of the movable segments of the spinal column to normal position for the purpose of releasing the prisoned impulse.

Against the wonderful organization known as the American Medical Association, with its endowments of millions, its secure position in the educational institutions, and the popular prejudice of the general public, Chiropractic has nothing to hurl but the constantly increasing "Whereas I was sick and am now well" of those upon whom all other methods have failed.

To succeed where all others fail is the supreme test, and unless Chiropractic can do this, it has no excuse for its existence.

Though but a quarter of a century has elapsed since its discovery, 10,000 practitioners in the United States alone, place it second among the professions engaged in getting the sick well, while in efficiency it has easily stepped into first place and is already heralded as the "pinch hitter" in the health game.

Honest and open-minded members of other health professions acknowledge its merit, while progressive and forward-looking ones study its theory, and are led in increasingly great numbers to adopt it and to abandon their former methods.

Unfortunately it has also attracted to itself a horde of pretenders, who find the word CHIROPRACTIC the most profitable addition they can make to their business cards.

Chiropractic has won legal recognition in twenty three states in spite of strenuous, and sometimes unscrupulous, opposition.

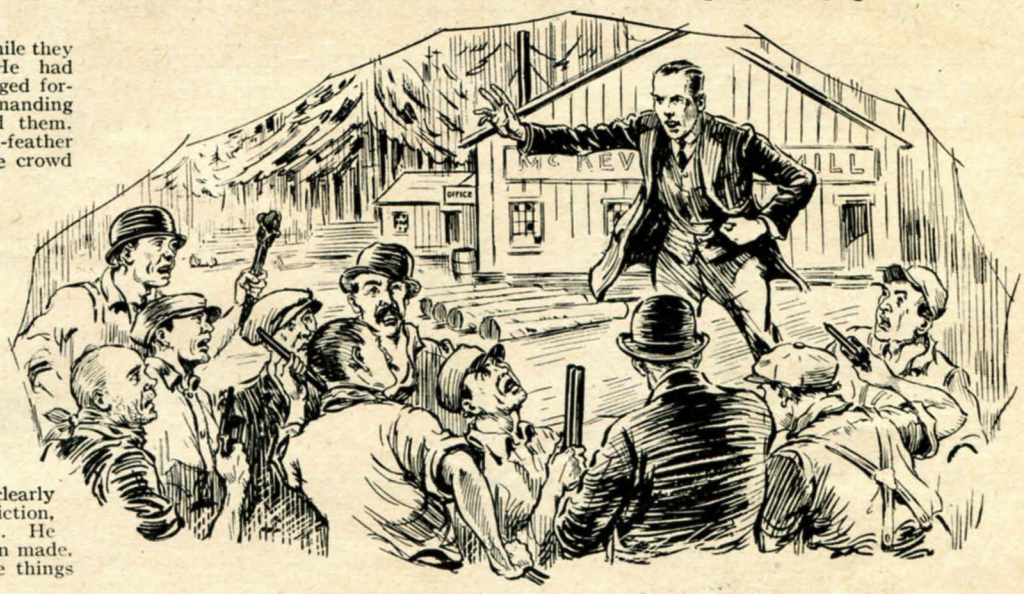
To an unbiased judgment it would seem, that any method that can be built upon the failure of others, in spite of ignorance and prejudice, and in spite of organized opposition backed by millions of wealth and unlimited legal power; any method that can convert the members of antagonistic professions and multiply its practitioners and converts at such a phenomenal speed, MUST BE A BIG THING.

Write for information regarding Chiropractors or Schools to the

UNIVERSAL CHIROPRACTORS ASSOCIATION

DAVENPORT, IOWA

They Came to Tar-and-Feather Him —But Cheered Him Instead!



HE had heard their shouts even while they were still at a distance. He had watched as the angry mob surged forward, brandishing clubs and rifles, demanding the man they thought had betrayed them. "Lynch him!" some cried, "Tar-and-feather him!" others insisted. And while the crowd grew ever angrier and more menacing, the man they sought came out and stood calmly before them.

Slowly he raised his hand, and while those in front took a step toward him, cried in a voice that no one would dare to disobey, "Silence!" There was a moment of tense quiet. Not a man said a word. He stood there looking straight into their upturned eyes, unfaltering and unafraid. And then he spoke.

Clearly and boldly the words rang out. The men listened as though transfixed. And when he saw their faces soften and their muscles relax, when he knew that he had won their confidence, he explained the matter clearly and simply. His words carried conviction, and as they listened the men believed. He told them of the mistake that had been made, and of how he was planning to make things right again.

And suddenly, from the crowd of men that had but a few moments before been crying for vengeance, there arose a mighty cheer. No lynchings! No tar-and-featherings! Here was a good fellow, a man who knew his business, a man's man! A timely little speech, well-spoken, had won the day.

But Bill Ralston had not always been a convincing, masterful talker. There was a time, not so very long ago, when a crisis such as this would have thrown him at the mercy of the crowd, helpless, unable to protect himself by word or gesture. He had never been able to speak powerfully, to explain himself clearly, to command the interest of others. He always seemed to say the wrong thing at the wrong time.

How He Became a Good Talker

Back home, they used to call Bill Ralston, "Bashful Bill." He was a bookkeeper, then, and it looked as though he'd be a bookkeeper the rest of his life. It was really a shame the way folks took advantage of him.

At the office, the clerks insisted that he help them with their filing and addressing. He didn't know how to object, how to refuse, although he knew it was work he was not expected to do. All mistakes were blamed on him and he didn't know how to protect himself. If he spoke to more than one person at a time he became confused, embarrassed—and he usually said exactly the thing he didn't want to say.

After a particularly humiliating experience Bill left.

He became a "hand" in a paper factory. All day long he stood at his post, helping to operate the huge machine that ground bits of bark into pulp. And as he watched the pulpy masses rush by him in an endless stream day after day, there came to him a wonderful idea, a wonderful new plan that would revolutionize paper-making.

Bill longed to tell the superintendent what he had discovered, longed to tell him of the remarkable improvement that could be made. But somehow he was afraid—afraid that he could not make himself clear, that he would be laughed at. And in his embarrassment, he remained silent.

But the idea grew. It became an obsession. In the realization of this idea, Bill saw power, wealth, success. His next step was the turning point of his life. He bought the famous "Mastery of Speech" Course by Frederick Houk Law.

There followed many fascinating hours when Bill learned to talk confidently and with ease. He found how to avoid the speech errors that were making people misjudge him. He learned how to talk without embarrassment, how to interest people and impress them, how to explain ideas or plans clearly and definitely.

He would never have believed that so startling a change was possible. Almost before he realized it he was a genuine master of speech. He knew that he would now be able to make business proposals in a forceful and effective manner, that he would be able to make clear, definite explanations, that he would be able to express himself clearly and without the least embarrassment.

What the Power of Speech Did for Him

Before long, Bill had the opportunity of putting his newly acquired knowledge to test. He told the superintendent that he would like to meet the factory owners and that he would like to have a conference with all of them.

For a moment he was embarrassed when he saw the dignified men grouped around the conference table. But it passed as quickly as it came. In another moment he was launched in a clear, definite explanation of the plan he had in mind. There was no confusion, no stammering, no misunderstanding. He knew what he wanted to say—and he said it.

With a few months' time, Bill's plan was in operation and Bill was an executive in the factory where he had only a short time before been a "hand". He had suddenly become a leader both in business and social life.

The supreme test came when the workingmen who had invested their small savings in Bill's new idea with the hopes of sharing in the profits, thought that they had lost their money — and blamed Bill for it. Through a mistake they thought he had cheated them. "Mastery of Speech" enabled Bill to face that mad crowd unafraid, enabled him to explain to them clearly and calmly exactly where the mistake was made and how it could be righted. He won the confidence of the men, won their respect and admiration, and instead of tar-and-feathering him as they had planned, they cheered him! It was his greatest triumph — the triumph of speech—the triumph that would carry him through life a respected successful man.

400,000

people have paid $5 or $7 for one of our Self-Improvement Courses—and remember no one was asked to pay until he had five days to examine the course in his own home.

Until the Independent Corporation published the "Roth Memory Course," "Paragon Shorthand," "Mastery of Speech," "Drawing, Art and Cartooning," "Reading Character at Sight," "How to Write Stories," "Super-Salesmanship," and other personal development courses, where could anyone buy similar courses for less than $15 to $75?

Because we want to add two hundred thousand more names to our list of satisfied customers at an early date, we are making

SPECIAL PRICE, $3

(Regular Price $5)

Others Sell from $15 to $75

Act quickly as this special opportunity may be open for only a short time. Many purchasers have written letters similar to Robert P. Downs, of Detroit, Mich., who recently wrote:

"I can't see how you ask so little, while others with far inferior courses get from $20 to $80 for theirs."

"Mastery of Speech" Sent to You *FREE*

Every day in your contact with men and women, every day in your business and social life, there is the demand for good speech—for the power to talk well and convincingly. If some unexpected crisis arose, some painful circumstances perhaps, could you master the situation as completely as Bill Ralston did? Could you force people to listen to what you had to say, and then say it in a clear, forceful manner that would convince them?

"Mastery of Speech" in 8 simple lessons will teach you how to speak correctly and pleasingly; how to use words that are effective; how to be able to talk to anyone at any time without embarrassment. It will show you how to overcome any deficiencies in speech that are handicapping you—stammering, stuttering, lisping. It will enable you to gain complete mastery of speech, and a commanding personality.

Let us send you "Mastery of Speech" free so that you can examine it at leisure and read the remarkable introductory lesson. Keep the course at our expense for 5 days. During that time decide whether or not you can do without it. You are at full liberty to return the course within the 5-day period without obligation. But if you decide to keep the course, as we are certain you will, simply send us $5 in full payment—and it is yours.

We may not be able to make this special free-examination offer again. The demand for Frederick Houk Law's Mastery of Speech" is steadily increasing. Be sure that you take advantage of this offer at once. Mail the coupon—no money—and the complete 8-lesson course will be sent to you free for 5 days. But do it NOW! Independent Corporation, Dept. L-245, 319 Sixth Ave., New York.

Independent Corporation

Dept. L-245, 319 Sixth Ave., New York

You may send me the Course or Courses checked below. Within five days after receipt I will either remail the Course (or Courses) or send you $3.00 for each in full payment.

- ☐ Public Speaking Course
- ☐ Drawing, Art and Cartooning Course By Charles Lederer
- ☐ Roth Memory Course By David M. Roth
- ☐ Money-Making Account System By Wesley W. Ferrin
- ☐ American Encyclopedia of Etiquette
- ☐ Mastery of Speech By Frederick Houk Law
- ☐ Super-Salesmanship By Arthur Newcomb

Name .....

Address.....

P. C. 5-22

How Your *"Other Self"* Makes You Rich or Poor!

How Science's Newest Wonderchild—Psycho-Analysis—Is Remaking the Failures of Men and Women into Glorious Successes. An Amazing New Method Now Enables You to Psycho-Analyze Yourself.

YOUR aim in life is to succeed. You are fighting day and night, year in and year out, to find a way out of the rut—a roadway that will lead you to greater happiness and success.

After all, dollars and cents are the standards by which we judge the successful man and woman today, and so dollars and cents are the conscious aim of most of us. Men and women from times immemorial have been struggling to make a place for themselves that would free them from economic slavery. Why is it that so many succeed in reaching this goal, while others seem to be left eternally fighting and struggling against an almost insurmountable barrier? What is the answer to the problem?

Your Hidden Self and Its Startling Power

The ancient formula for success was "Know Thyself." Modern Science, however, has discovered a new answer to this problem—"Know Thine *Other* Self." Scientists have discovered that deep down within you, hidden from all the world, even from yourself, lies buried a mysterious "other self"—a being of whose existence you have never thought,—and yet who directs the whole destiny of your life, determining your failure or success.

Since the dawn of history men have vaguely realized the existence of this strange, dual nature, this baffling two-in-one-ness of the human mind. And it is this subconscious mind, this other part of you, which is in reality the determining factor in the progress you make.

The Veil Drawn from Your Other Self

Do you ever forget to do things that you intended to do? Do you find certain tasks distasteful? Do you have unaccountable "blue" streaks? Are you inclined to be morbid—morose—unhappy? Do you ever feel as though the work you are doing is not suited to you? Do you ever long to engage in another line of work for which you believe yourself better fitted, yet haven't the courage to make the change? Do you ever feel as though "you never had a chance?"

All of the above are questions suggested to you by your subconscious mind—the mind that is the motor behind your hidden forces of new energy and vitality. It is this subconscious mind that is waiting at your command to release the floodgates of this strange power that will lead you to wealth—health and happiness.

Often you dream! Strange, impossible dreams they sometimes seem to you. Yet these dreams are a mysterious picture language of the subconscious mind, which is trying to express to you certain things, when your mind—your conscious mind, is asleep. These messages have a direct bearing on your success in life.

Psycho-Analyze Yourself

Do you know how your subconscious mind affects your success in life?

Do you always think properly?

Can you analyze your dreams?

Do you know why you sleep?

Are you ever conscious stricken? Why?

Do you know why your dreams mean success or failure in life?

Have you ever loved two women at the same time?

Do you know if you are really in love?

Questions such as the above years ago could not have been answered. To-day Psycho-Analysis has made it possible to answer them as simply as A B C. Prof. Legaren has originated a wonderful new method that makes it possible for you to psycho-analyze yourself and discover the startling hidden secrets of your other self. in his fascinating six-part course, entitled: "Your Other Self, as Revealed by Psycho-Analysis." The following titles of the six convenient volumes give but a small indication of their wonderful contents. 1—Getting Acquainted with Your Other Self. 2—How to Remember and Record Your Dreams. 3—How to Analyze Your Dreams 4—Ghosts That Live in the Subconscious Mind. 5—Overcoming Subconscious Handicaps. 6—Winning Success Through Psycho-Analysis.

The amazing discovery that explores the mystic realms of the shadowy, subconscious depths below the surface of your conscious mind is known as Psycho-Analysis.

Release Your Hidden Self

Once you learn how to Psycho-Analyze yourself it is like drawing the veil and seeing for yourself the hidden being that lives within you. You see why your subconscious mind is more powerful—much more powerful—than your conscious mind which you think is you.

The mystery of why some things are difficult is solved. You can read the answers to your impulses—your hopes—and your fears. You can understand why you do certain things—and how to avoid doing these things which bring disaster and misery in their wake. Sex instincts—repressed desired — emotional conflicts—and all the other mysteries of your subconscious self are read by you like printed pages of an open book. You not only learn to understand these powerful emotions, but you learn how to direct them to do your bidding—and to obey your will. That which you long to accomplish becomes yours for the asking. You, for the first time, really become master of yourself.

Things which have held you back from your purpose are banished forever. Fear, timidity, nervousness, self-consciousness, lack of aggressiveness, lack of confidence, and these other obstacles which hinder your progress become things of the past.

In thousands of cases Psycho-Analysis has accomplished seeming miracles. Yet for years, owing to the fact that this science treats largely of sex-instinct, the entire facts have been withheld from the public. Today, however, it is being discussed everywhere. Many are going to professional Psycho-Analysts for personal readings, paying enormous fees to learn the mysteries of their other selves, and to rebuild their mind for greater driving power, greater creativeness, and greater efficiency.

Try This Amazing Test Free

And now comes an announcement of the greatest interest. It has at last become possible for any one to analyze himself or herself. In the privacy of your home Psycho-Analysis can be made to reveal the strange, hidden secrets of your subconscious self.

To do this amazing feat is now as simple as A B C. Every step is made clear and easy to follow—the whole method of Psycho-Analyzing yourself is explained from beginning to end—all through a remarkable new self-applied home course, in six parts, entitled "*Your Other Self*, as Revealed by Psycho-Analysis," by Prof. Eugene Victor Legaren.

You have only to follow the simple method described and you are brought face to face with your hidden self—that strange, mysterious being that lies submerged within you and shapes the whole course of your life, bringing you unhappiness or happiness, health or illness, success or failure.

In your own room without the expense of a professional analyst, without the necessity of revealing your private affairs, you get a fuller, truer, analysis of yourself than old-fashioned methods could possibly give you.

Prove this without risking a penny. Get this remarkable course on free trial. You'll be astounded at the revelation it makes. You'll be thrilled at the opportunity it offers you to obtain easily, almost without conscious effort, the wealth, the honor, the influence, the respect and the popularity for which you have always longed. You don't have to take anybody's word for this. Prove it to your own satisfaction.

Send No Money

Just mail the coupon—or write a letter if you prefer. The complete 6-book course will be sent you at once. When it arrives you deposit with the postman only $1.95 (plus the few cents postage). The regular price is $3.00, but for a short time only we are making this introductory price of only $1.95.

Keep this wonderful course 5 days. Read it. Put it to the test. Then if for any reason you decide to return these remarkable books the $1.95 will be refunded instantly and without question.

But mail the coupon now. Our refund offer protects you from any risk. And the specially reduced price may never be offered again. Address Modern Research Society, Dept. 35, 43 W. 16th St., New York City.

Modern Research Society

Dept. 35, 43 W. 16th St., New York City

Without money in advance send me the 6 remarkable books, entitled "Your Other Self As Revealed By Psycho-Analysis," by Prof. Eugene Victor Legaren. I will pay the postman only $1.95 (plus the few cents postage) when the books are in my hands. There are to be no further payments. But although this is a specially reduced price I have the privilege of returning the books within 5 days after receipt, if for any reason I decide not to keep them and the $1.95 is to be refunded instantly and without question.

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Please Write Plainly

Address.....

City..... State.....

If apt to be out when postman calls, send $1.95 with coupon

Surprise Your Friends With This "Magic Feat" In Drawing

You Can Learn the Secret in One Evening

By HARVEY WILSON

"GIVE us Uncle-Sam" called Jimmy Blaine. And in less than half a minute there it was—a masterly cartoon of Uncle Sam—on the drawing board before our eyes. It had taken but a few swift strokes of Bob Mason's crayon.

"Draw Jiggs" was the next request. And in almost no time at all there appeared the hero of "Bringing up Father."

Next Bob quickly drew what seemed to be a flower. Then he whirled the board upside-down and it turned out to be a caricature of a well known statesman.

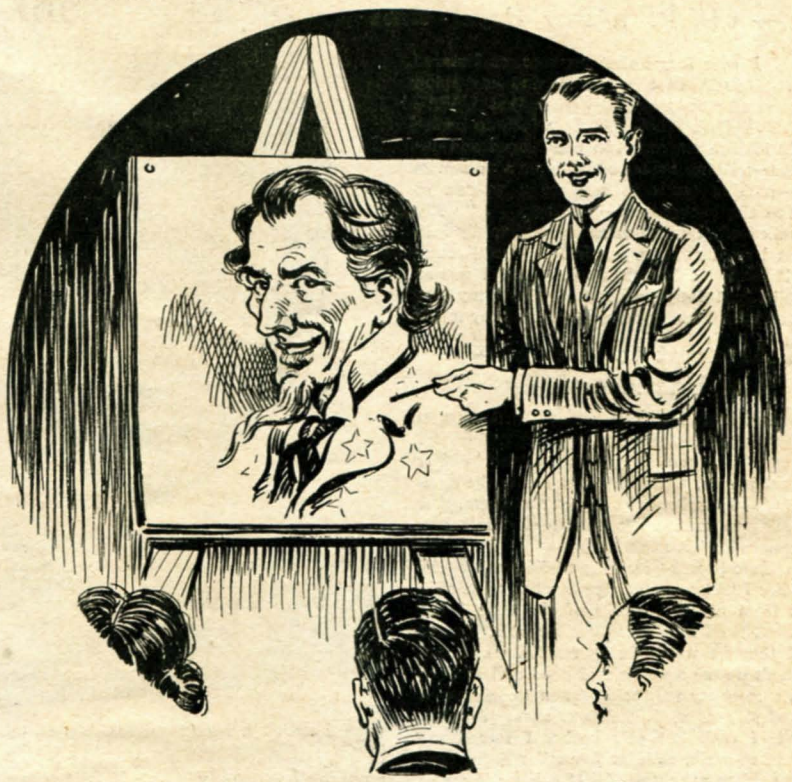
Then he asked me to stand up. And in a few minutes he had depicted a likeness of myself that was astounding. In another minute he had altered a line here and there, so as to exaggerate certain of my features, and the result was a lantern-jawed individual, with pop-eyes, and elephantine ears. It looked like my reflection in one of these comic mirrors one sees at the amusement resorts. Amid vociferous applause for Bob—and good natured ridicule of myself—I hurriedly went back to my seat.

Bob's "stunt" was the surprise of the evening. Not a soul there had known that he was an artist. None of his brother's family, with whom he boarded, even suspected this ability. It was news even to me, although Bob and I have been chums for years.

"Bob" I said, later on, "when did you ever learn all that. You've never been to an art school, I know that. And you haven't been studying at home, because I've been with you, nearly every night. Why, such skill is acquired only through long, hard, patient study, isn't it? When could you have found time to learn to draw?"

"Harvey," he said, "it will sound almost unbelievable, but I learned IN ONE EVENING a secret that makes drawing almost as easy as writing. In an hour after I learned that secret I had made some 'cracker-jack' caricatures of several of my friends that would be recognized at a glance. And it was only a matter of a few days before I could draw cartoons and landscapes almost as well as I did tonight.

"Not a single one of my friends knew of this until tonight. It was easy to keep this secret, even from my brother's family, as half-an-hour's daily practice after supper or just before going to bed was all the time I needed to make me an expert."



"Bob's stunt was the Surprise of the Evening."

I Learn This Wonderful Secret Also

Bob told me that this amazing method had been evolved by Charles Lederer, the famous artist and cartoonist. He had boiled the whole system of art-training down into one great principle which makes the attainment of artistic skill so quick and easy as to seem like magic.

I sent off, that very night, for Mr. Lederer's amazing "secret of drawing." And then, the very day this wonderful new method arrived I was drawing pictures—*good* pictures too. Not tracing them, but actually drawing them free-hand. I used no patent appliances, nothing but pen, pencil and paper. And in a remarkable short time I felt that I could class myself as an artist of ability, with money-making powers greater than I had ever expected to possess.

My work wasn't confined to any one field. Mr. Lederer's one great secret of Drawing can be applied to all kinds of illustrating, such as drawing pictures in colors for magazine covers, illustrations for books and stories, fashion drawings, advertising illustrations, etc. And all this was accomplished without the months of practice required by old time methods. I learned by drawing pictures, not by making lines and curves. As I said before, I made actual illustrations AT ONCE, with my first lesson, the very first day. I who had never shown any artistic ability, who had never been able to draw a straight line, had become an artist almost from the start.

There are so many opportunities, in so many different fields, for an artist that I hardly knew what line to take up. However, an advertising agency had advertised for an artist at a handsome salary—one who could draw well from living models. I sent several sketches of some of my friends who were kind enough to pose for me and I secured the position. Now I am receiving a handsome salary—all for doing the easiest, most fascinating work imaginable. Furthermore, it is a wonderfully satisfying thing to be able to pick up almost any magazine and see in it one or more of my own pictures.

Easier Than Learning To Operate A Typewriter

My advice to anyone who wants to enter the most delightful profession in the world is to send for Mr. Lederer's course and learn this amazing secret of drawing. See how easily and rapidly you progress.

And the best part of it all is that the course teaches you to draw so that you can *sell* your pictures right from the start. That is really the most important part after all. Everyone wants to sell his work, and that is just what you can do with Mr. Lederer's great secret.

See for yourself—send for the course and try it out. If you can draw at all you will probably get along even faster than I, and you will find modern commercial art the most fascinating and delightful work imaginable. Remember, opportunities in this uncrowded field are unlimited. There is a constantly growing demand for cartoonists and illustrators. Don't miss this wonderful opportunity.

Harvey Wilson.

Free Trial—Send No Money

We want you to prove to your own satisfaction, the tremendous value of Mr. Lederer's discovery. It will not cost you one penny. We want you to examine the Entire Course, at our expense, for five days. If you will just fill out the coupon below, detach it and mail it to us, we will gladly send you the complete course for your approval. We feel sure that when you see the surprising simplicity of this method you will agree with us that it is the greatest discovery ever made in this field.

Look it over, test it out—then if, after five days, you decide that you want it, send us $3.00 in Full Payment. You will readily agree that this information is worth many times this small special price. However, if you do not wish to keep the course even at this astoundingly low price, return it to us and your five day's examination will not have cost you anything.

But act AT ONCE. Send no money, just detach coupon and mail *TODAY*. Independent Corporation, Dept. D-245, 319 Sixth Avenue, New York

400,000

people have paid $5 or $7 for one of our Self-Improvement Courses—and remember no one was asked to pay until he had five days to examine the course in his own home.

Until the Independent Corporation published the "Roth Memory Course," "Paragon Shorthand," "Mastery of Speech," "Drawing Art and Cartooning," "Reading Character at Sight," "How to Write Stories," "Super-Salesmanship," and other personal development courses, where could anyone buy similar courses for less than $15 to $75?

Because we want to add two hundred thousand more names to our list of satisfied customers at an early date, we are making a

SPECIAL PRICE $3

(Regular Price $5—Other sell for $15 to $75)

Act quickly as this special opportunity may be open for only a short time. Many purchasers have written letters similar to Robert P. Downes, of Detroit, Mich., who recently wrote:

"I can't see how you ask so little, while others with far inferior courses get from $20 to $80 for theirs."

FREE EXAMINATION COUPON

Independent Corporation

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You may send me the Course or Courses checked below. Within five days after receipt I will either remail the Course (or Courses) or send you $3.00 for each in full payment.

- ☐ Drawing, Art and Cartooning Course By Charles Lederer
- ☐ Roth Memory Course By David M. Roth
- ☐ Money-Making Account System By Wesley W. Ferrin
- ☐ American Encyclopedia of Etiquette
- ☐ Mastery of Speech By Frederick Houk
- ☐ Law
- ☐ Super-Salesmanship By Arthur Newcomb

Name.....

Address.....

P. C. 5-22

Must I Give Up—and Be Fat?

How a woman, despairing of ever conquering the aging effects of surplus flesh, finally learns of an amazing discovery which enables her to regain the slim, lithe figure of her girlhood days — within a few days' time

CAN I ever forget that moment, as I stared at myself in the mirror, and my mind grasped the miserable truth that I WAS ACTUALLY GETTING FAT? "Nothing makes a woman look so matronly, so middleaged and unattractive—nothing makes a man shun a woman so readily—nothing tends to relegate a woman so rapidly to the background—nothing . . . " My mind trailed off, I gazed vacantly, unhappily into space, as I recalled these words I had read somewhere, it seemed only yesterday. Then I was so beautifully, youthfully slim and the idea of my ever putting on weight had never even entered my mind.

I Attempt to Reduce— but Unsuccessfully

The future frightened me—would I just keep on growing wider and bigger and rounder and fatter? Unwillingly I began to picture myself puffily heavy and plump, the derision of some, the sympathy of all. I resolved, right then and there, that I was going to reduce my weight—I didn't care what tortures I'd have to undergo.

And torture it was—for four whole weeks! All the goodies I had so eagerly enjoyed were at once cut out from my diet and half the time I felt starved. Then I learned of various obesity cures which I thought would bring results. But, no! They didn't do me a particle of good and most of them just upset my stomach. Then I commenced a series of strenuous, difficult exercises; I rolled, massaged, I took hot salt baths, I forced my weary feet to walk, at least five miles every day, regardless of the weather. All of this made me so weak that I was hardly able to go about my daily duties. And what was my bitter disappointment when, after four weeks, I found that instead of losing weight I had fondly hoped and expected, I had actually put on three more pounds! Can anyone blame me if I was almost distracted and ready to give up? In frantic despair I was just about ready to resign myself to what seemed the inevitable. Never was there an unhappier woman!

A Wonderful Thing Happens

But then a wonderful thing took place. I was expecting a friend that evening, but as she was quite stout herself, I was, I am ashamed to admit, somewhat relieved. Perhaps in her company I would not feel so embarrassed—here, at least, was another stout woman.

What was my dismay, though, when upon glancing over May—I hadn't seen her for a month—I noticed that she was girlishly, enviably slim, and beautiful as ever! Had I then become so stout? Or was it merely self-consciousness on my part? At any rate, I felt enormous beside her. While I marvelled at her appearance, I determined to find out the secret.

Well to make a long story short, Mabel did, with infinite tact, tell me of a wonderful discovery—a marvelous, new, easy method that reduces fat almost while you wait! It seems that a famous food specialist, Eugene V. Christian, after many experiments and tests, found a simple, natural law that takes off a pound of weight a day—without painful starving, medicines, bathing, exercising or self-denials of any kind. Instead of starving myself as I had previously done, I could go on eating anything I wanted, yet I could reduce my weight at the same time! Why, it sounded just like a fiction story and at first I would not believe it. But when Mabel finally told me that she had reduced *her* weight through this wonderful method, I simply had to admit that perhaps after all, it would do *me* good, too.

What the Discovery Is

Mabel related further details. It seems that certain foods, when eaten together, are converted into blood, tissue and bone. Other foods, when eaten together, are converted into fat. So, by knowing the correct combinations of food, a stout person prevents more fat from forming and actually eats off a pound a day of the excess flesh he already has. In my state of mind at that time, what news could be more welcome? Think of eating off weight—of taking off flesh at the rate of a pound a day—without punishing myself with baths, exercising, dangerous medicines, special appliances or any unnatural means!

I thanked Mabel most heartily—and determined to follow her advice.

And the result is that today I am a happy woman! I owe it all to the wonderful new method that Mabel told me about. "Weight Control—the Basis of Health," it is called. It is the most remarkable thing in the world. After the very first two days, I saw results. I was actually losing my fat at the rate of a pound a day! It seemed no time before I was down to normal. I now weigh just what I should, and I stay there without gaining or losing another ounce. My friends tell me I look just as young and slender as I did ten years ago. Will you blame me if I say that I am actually proud of my figure now?

Try This New Discovery FREE

Of course, I have told all my friends who were inclined to stoutness about this new method of losing fat. I am very glad to have the opportunity of telling the readers of this magazine also about my experience. And of course I do not hesitate to tell anyone who wants to reduce to do what I did. Mr. Christian has explained his wonderful new method in 12 fascinating lessons called "Weight Control—the Basis of Health." He will send this course FREE to anyone requesting it. These lessons reveal all the startling facts about his discovery and show you how to eat off a pound or more of weight a day.

Send Coupon Below

The Coupon below, sent to the Corrective Eating Society, brings you the 12-lesson Course in Weight Control. When it is in your hands, pay the postman the small sum of only $1.97 (plus postage) in full payment—the course is now yours. (*If more convenient, you may remit with coupon, but this is not necessary.*) Weigh yourself—then follow the simple rules laid down by Mr. Christian. At the end of five days, weigh yourself again and note the marked improvement. You have not put yourself to any hardship, you have taken no medicines, exercises, baths or medicines. Yet your weight has gone down! But if at the end of five days, you are not positively delighted with results, you are at liberty to return the course, and your money will be promptly refunded.

Clip the coupon NOW. The course will be mailed in a plain wrapper. *If you prefer to write a letter, copy wording of coupon in a letter or on a post card.*

CORRECTIVE EATING SOCIETY, Inc.
Dept. W-275, 43 West 16th St., New York

CORRECTIVE EATING SOCIETY, INC.
Dept. W-275, 43 W. 16th St., New York City

You may send me, IN PLAIN WRAPPER, Eugene Christian's Course "Weight Control—the Basis of Health," in 12 books. I will pay the postman $1.97 (Plus Postage) on arrival. But if I am not satisfied with it I have the privilege of returning the course within 5 days and my money will be instantly refunded.

Name.....
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Price outside U. S. $2.15 Cash with Order.

Read How Others Have Lost Weight

Loses 13 Pounds in 8 Days

"Hurrah! I have lost 13 pounds since last Monday and I feel better than I have felt for months."

MRS. GEO. GUITERMAN,
420 E. 66th St., New York City.

Loses 22 Pounds in 14 Days

"I reduced from 175 pounds to 153 pounds (a reduction of 22 pounds) in two weeks. Before I started I was flabby, heavy and sick. Stomach trouble bothered me all the time. I feel wonderful now."

BEN NADDLE,
102 Fulton St., New York City.

From 187 to 143 Pounds

"I will always be thankful that I wrote for the course. I weighed 187 pounds. After getting the course I secured results right away and am down to normal weight, having lost 44 pounds. It is grand to have a girlish figure again.

MRS. ERIC CAPON,
Manhasset, L. I.

Lost 28 Pounds in 30 Days

"I found your instructions easy to follow and your method delightful. In 30 days I lost 28 pounds — 8 pounds the very first week. My general health has been greatly benefitted. (Signed)

EARL A. KETTEL,
225 W. 39th Street,
New York City

It's a Shame for You Not to Earn Big Money

—*When Others Do It So Easily*

He Does It

"Last week my earnings amounted to $554.37; this week will go over $400."—F. WYNN, Portland, Oregon.

WHEN a farmhand steps from $50 to $1,000 a month—when a fireman jumps from $60 a month to a job paying him $500 for two weeks' work—when a former railway mail clerk at a yearly salary of $1,600 changes his job and earns $1,000 in thirty days—and when hundreds of others quickly jump from small pay to magnificent earnings in the same way—then it's a shame for you not to do equally as well.

There is nothing exceptional about these men. They'd tell you that themselves. Many had been clerks, bookkeepers, mechanics. Some had been policemen, farm hands, firemen. And then in one swift stroke, they found themselves making more money than they had ever dreamed possible. The grind of routine work—the constant struggle to obtain even a small increase—all this was left behind. Today they know the thrill of making big money; they are no longer ruled by an office clock. There is genuine enjoyment in every hour of the day, for their work is filled with real fascination. They have found not only the most interesting, but the best paying branch of all business.

A field that they had never dreamed of as theirs they found to be easy and uncrowded. Earnings that they had always *hoped* to reach and that their old jobs could *never* have paid, were right there in this new field waiting for them. Hundreds of others have found success the same way. You can too—let us tell you how.

So Does He

"I had never earned more than $60 a month. Last week I cleared $306 and this week $218."—GEORGE W. KEARNS, Oklahoma City, Okla.

How You Can Do It Too

What these men have done, hundreds of others have done, hundreds are doing today, hundreds will do to-morrow. And *you* can be one of them! For now the same opportunity that put these men into the big money class is open to you!

In the first place they discovered a vital fact about business. They discovered that the big money is in the Selling end of business. In the second place they discovered a new and amazingly easy way that will make *any* man of average intelligence a salesman, no matter what job he held before.

Salesmen are the very life blood of any concern—upon them depends the amount of profits made. The men who can put a product on the market and boost its sales are absolutely indispensable. No wonder that man for man Salesmen receive the highest pay. For the men who are Masters of Salesmanship—there is practically no limit to their earnings—except the limit they set themselves. And that is how these men and hundreds of others like them found the way to their present handsome incomes. They are all Master Salesmen now!

Yet previously they had no idea of becoming Salesmen. If you had told them success awaited them in the field of Selling, they would have laughed at you. They would have told you that it was absurd to think of it—for they had never sold a dime's worth of goods in their lives! Then they learned of a great organization of top-notch Salesmen and Sales Managers formed for the great opportunities in the field of Salesmanship and to help them to positions in the lines that most appeal to them. Step by step—in their spare time at home—this great organization, the National Salesmen's Training Association, took them through every phase of selling. Every underlying principle of salesmanship was made as simple as A-B-C. Then as soon as they were qualified and ready, the Free Employment Service of this Association helped them secure good Selling positions. Almost before they realized it they were in the big money class.

And He--

"The very first month I earned $1,000. I was formerly a farmhand." —CHARLES BERRY Winterset, Iowa.

And He---

"After spending ten years in the railway mail service at salaries ranging from $900 to $1,600 a year I decided it was necessary for me to make a change.... My earnings during the past thirty days were more than $1,000."—W. HARTLE, Chicago, Ill.

SEND FOR REMARKABLE FREE BOOK AT ONCE

The same opportunity that has brought hundreds of others their good fortune is open to you. Whether or not you have ever thought of becoming a Salesman, you should examine the facts about the tremendous possibilities for big earnings in this fascinating field. Mail the coupon below. This will place you under no obligation. It simply means that you will receive, *entirely free*, a remarkable illustrated book on Modern Salesmanship and the personal stories of men in every part of the country who to-day are enjoying splendid success and earning five, ten and fifteen times as much money as ever before. It's a shame for *you* not to make big money when others do it so easily! Make a start now. Mail coupon at once to the National Salesmen's Training Association, Dept. 28-E, Chicago, Ill.

National Salesmen's Training Association
Dept. 28-E, Chicago, Ill.

I simply want to see the facts. Send me FREE your Book on Salesmanship and Proof that I can become a Master Salesman. Also list showing lines of business with openings for Salesmen.

Name.....

Address.....

City..... State.....

Age..... Occupation.....

National Physical Culture Week
May 1st to 8th 1922

Give Some Thought to Yourself
during
National Physical Culture Week

PHYSICAL CULTURE has accomplished a wonderful work during the past twenty-five years. During the next twenty-five years it will do a still more wonderful work. The comparative babe of yesterday has grown into the giant of to-day. Physical Culture has become a tremendous national movement whose powerfully beneficial influence is felt from one end of our country to the other.

The coming of Physical Culture to millions of individuals has been the turning point in their lives--from it they have learned the great truths regarding life and health that enabled them to improve their health and efficiency in an almost unbelievable manner. Because Physical Culture supplies an intimate personal service such as they can get nowhere else its followers burn with loyalty and are eager to introduce it into the lives of others. Thousands of introductions will take place during National Physical Culture Week (May 1st-8th) during which time loyal Physical Culturists have pledged themselves to introduce Physical Culture to those among their acquaintances who will be particularly benefited by it.

Do Not Forget Yourself While Thinking of Others

NO better time could be chosen to check up on yourself than during National Physical Culture Week. Undoubtedly Physical Culture has helped you greatly since you first became acquainted with it but in spite of that there is still room for improvement. We all have our personal health problems--our weaknesses--our afflictions. No matter what yours may be, by applying more intensely the teachings of Physical Culture you can reach a still more nearly perfect state of health than you have heretofore attained.

Not the least among the things that Physical Culture has done for the improvement of mankind is to bring together the finest collection of health books that has ever been assembled. No matter what your weakness or affliction you will find in the Physical Culture Health Library one or more books that apply directly to your personal problem. We heartily recommend therefore that you read carefully the following Health Book Index, keeping your physical needs in mind while doing so. Also you will confer a favor upon any of your friends to whose attention you bring this list of incomparable books.

Before actually mailing your order direct to us turn to page 94. It is possible that you live within trading distance of a store handling Physical Culture Health Books. If so you will save time by making your purchase locally.

TEAR OFF HERE

Physical Culture Health Book Index

WE have made it a point of honor to see that all books going out under our name shall in every way maintain the high standard set by PHYSICAL CULTURE Magazine. Every book in PHYSICAL CULTURE HEALTH LIBRARY was written to fill a particular and well defined need; each is the very finest work procurable upon the subject involved.

If advertisements regarding any books in which you are interested do not appear in this issue, place check marks against their names and mail this index to us for full information, or enclose remittance and they will be sent you by return mail with the understanding that if, upon examination you do not wish to keep them, you may return them within 5 days after receipt and your money will be refunded without question.

- ☐ Care of Expectant Mother.... $ .60
- ☐ Catarrh, Colds and Hay Fever .85
- ☐ Constipation—Its Cause and Cure ..... .50
- ☐ Consumption—How to Prevent It 1.15
- ☐ Crime of Silence..... 2.00
- ☐ Eating for Health and Strength 2.00
- ☐ Encyclopedia of Physical Culture (5 vols.)..... 35.00
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- ☐ Way of God in Marriage.... 1.00
- ☐ What Shall We Eat..... 1.00
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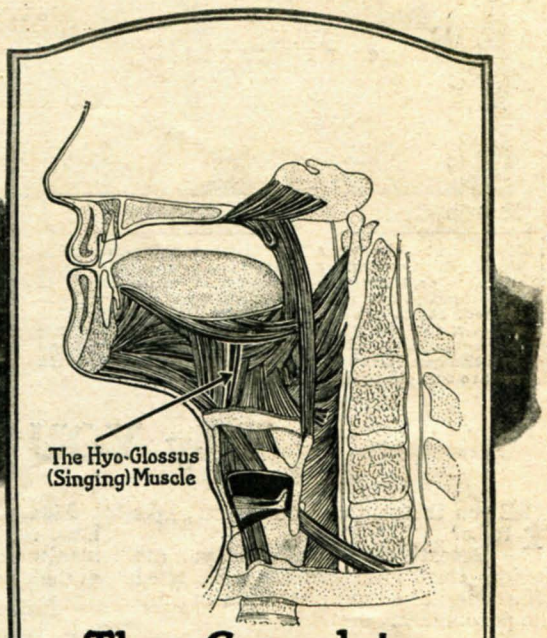
Address Replies to **PHYSICAL CULTURE CORPORATION**
Dept. B5, 119 West 40th Street, New York City

Name.. ..... *Address*..... *City*.....
(Write Carefully)

"To Build a Stronger Nation"

The Secret of Caruso's Greatness



The Complete Vocal Mechanism

He was a *Musical Athlete!*

He sang in the marvelous way that he did because of the superb development of his Hyo-Glossus Muscle—the muscle that determines the singing quality of every voice.

Develop your Hyo-Glossus Muscle! A good voice will be made better, a lost voice restored, stammering or stuttering cured.

Your Voice Can Be Improved 100%

YOU have a Hyo-Glossus Muscle in your throat. If it is large and vigorous, you have a beautiful voice, you are a "born" singer. If it is small, undeveloped, your voice is apt to be weak, or harsh, or shrill; maybe you stammer or stutter. Weaken and abuse this muscle by improper use and you lose what singing voice you have.

Good Voices Made Better Lost Voices Restored

Through Professor Feuchtinger's methods you can develop your Hyo-Glossus Muscle by simple, silent muscular exercises, right in your own home, in the privacy of your own room.

Strengthen this muscle and your voice becomes full, resonant and rich. Your tones will have a color and purity surpassing your dreams. If you speak in public your voice will have vigor, expression, carrying power, and endurance. All defects of speech will be remedied.

A Real Money Back Guarantee

The Perfect Voice Institute does not ask you to take a chance. We absolutely guarantee that Professor Feuchtinger's methods will improve your voice 100% in your opinion—or refund your money. You are to be the sole judge; on your decision depends whether or not we keep your money.

You take no risk. We take no risk. Over 10,000 pupils have received the happy benefits of Professor Feuchtinger's methods. They always make good.

Who Professor Feuchtinger Is

Abroad, the name of Feuchtinger is one to conjure with. The grandfather of the professor was Court Director for the Duke of Waldeck; his father was a great musical leader during the reign of Charles, King of Wurtemberg. Professor Feuchtinger, A. M., is well known in the musical world for the work he has done in discovering and perfecting a series of exercises that will develop the Hyo-Glossus Muscle in any throat—the same training that is being offered you through the Perfect Voice Institute. He has lectured before many universities and colleges here and abroad. His personal pupils run into the hundreds.

Great Opera Stars Among His Students

Mdme Puritz-Schuman, Sofie Wiesner, Metropolitan Opera; Villy Zuern, Paul Hocheim, Julius Brischke, Mdme. Marg. Krabb, Paul Bauer, Magda Lumnitzer, Adolph Kopp, Ylva Hellberg, Anton Hummelstein—these are only a few of the operatic song birds who have studied under Professor Feuchtinger during his years as a *maestro* in Berlin.

Practice in Your Home

There is nothing hard or complicated about the professor's methods. They are ideally adapted for correspondence instruction. Give him a few minutes a day—that's all. The exercises are silent. The results are sure.

If ambitious to improve or restore your voice, you owe it to yourself to learn more about the function and the importance of the singing muscle—the Hyo-Glossus. Inform yourself about this new and scientific method of voice culture. The literature we send will be a revelation and an education

Send For FREE Illustrated Booklet Today

Every reader of PHYSICAL CULTURE is cordially invited to send for Professor Feuchtinger's great book on this subject. It's free if you fill out the coupon below. The number of these books is limited. Don't delay! Don't wait! Act today! Filling out the coupon below may be the turning point in your life. Send it right away.

PERFECT VOICE INSTITUTE
Studio 5725, 1922 Sunnyside Ave., Chicago, Ill.

Send me the illustrated, FREE book and facts about the Feuchtinger Method. I have put X opposite subject that interests me most. I assume no obligations whatever.

☐ *Singing* ☐ *Speaking* ☐ *Stammering* ☐ *Weak*

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The World Sweep of 650,000 Pelmanists

George Creel

"Pelmanism teaches how to develop personality, build character, strengthen individuality, and how to succeed. It assures advancement, increases incomes, because it gives workers the qualities employers are searching for."

Frederic C. Howe

"Pelmanism can, and will, teach self-knowledge and with self-realization is bound to come self-expression. It has values for the humblest, holding benefits as good and tangible as government bonds."

Charles M. Schwab

"Achievement is the only power. Captains of American industry are not hunting money." "America is heavy with money. It is seeking brains—specialized, active brains."

Frank P. Walsh

"Pelmanism discovers you to yourself. It does not stop after telling you what to do. It makes you do it. Each book is a pair of mental dumb-bells; and the course as a whole is a wonderful gymnasium for the mind."

Judge Ben B. Lindsey

"Pelmanism is one of the great discoveries of the day. When I learned that it had been brought to America by Americans for Americans, I was among the first to enroll."

Why YOU Should Be a Pelmanist

ARE you the man or woman you ought to be?

Beneath the Self of which you are conscious there is hidden an unsuspected Self, a thing of sleeping strength and infinite possibilities.

That Self is the man or woman you *ought to be.*

It is this unsuspected Self that occasionally rises uppermost in some crisis of life, after you have set your teeth to go in and win, and have won. Then—when you have won, you say wonderingly: "How strange! I didn't think I had it in me."

Let that Self be always uppermost. *But first discover your unsuspected Self!*

Search through all the muddle and chaos of wrong thinking, of doubt, and self-distrust, and *find* those fine qualities, those powerful potentialities, all those slumbering talents which everyone of us possesses.

Developed and used, they will lead you to a higher, finer place in life; they will lift you from the dead levels of mediocrity to the broad speedway of progress. The human mind, freed from slavery to slothful habits, and trained to strength by proper exercises, has the drive of a mighty machine.

Benefits in Money and More than Money

These statements are advanced in no empty speculation; they are stated as *facts;* facts, that have behind them the testimony of more than 650,000 men and women who have studied Pelmanism, that science of Self Realization which bids fair to revolutionize our conception of "Destiny" and Possibility.

It is the quality of laying bare, unsuspected powers and potentialities in its students that is making Pelmanism a great intellectual movement.

Pelmanism Easy for Everyone

Pelmanism takes no account of class, creed, or circumstances. Business men, from the great captains of commerce to their clerks, are ardent Pelmanists.

Professional men—lawyers, doctors, clergymen, teachers, artists, authors and engineers—have come to the knowledge that Pelmanism will help them to surmount difficulties, and achieve a greater degree of success in their vocations.

Men of every trade, carpenters, plumbers, machinists, masons, have used Pelmanism to make their brains help the work of their hands.

Pelmanism is Real and Practical

For Pelmanism is a real thing. You can put your hands on it, and its results. You can feel it in your bone and sinew and heart, as you can feel any other of the great forces of the world. It works no magic; there is no mystery about it.

It is a straightforward course in applied common sense psychology. It comes in twelve "Little Grey Books." It has the life of twenty years of development and success, and 650,000 successful graduates, to vouch for it.

Pelmanism drills your mind as physical exercise drills your body. It is not a mere memory course. It makes your mind a dynamo, not a curio cabinet of mental odds and ends.

The minds of many are veiled by misunderstanding. Pelmanism tears aside this veil and shows you how your mind works and how you can make it work more efficiently. When you *know* your mind you are able to use it to better advantage. Instead of a brake, it acts as an accelerator.

Pelmanism in America

Pelmanism has been in America only three years, but it has touched the real America. Already thousands of men and women have become Pelmanists, and are benefiting their lives by the application of Pelman principles—increasing their incomes—lifting themselves out of mental ruts. Below we quote from a few of the hundreds of enthusiastic letters we have received from Pelmanists in America.

"Increases Salary $2,000"

"Until recently, I sort of believed the other fellows in our office had cornered the cleverness market. I was awed by their ability and success. Then, in order, came the first four books of Pelmanism. I began to assert my ideas. My salary went up. A big position outside of newspaper work became vacant. On January 1st I wouldn't have tackled it. *The position pays $2,000 MORE a year than I now receive.* I became aggressive. 'I am as good as the man who held it,' I decided. Other candidates, good men, withdrew in my favor."

"Increases Salary Fifty Per cent." Bank Teller

"I have accepted a position with the Dollar Savings Bank & Trust Company as teller in the Foreign Exchange Department. It would have been very hard to decide but for the Pelman Course. I also feel that if I had not taken Pelmanism I would probably not have gotten this position which means fifty per cent. more money to me than the last."

Treasurer of Big Corporation Enrolls Five Sons as Pelmanists

One of our students in Pelmanism is treasurer and director of one of America's largest corporations. A man of mature years in the height of his mental vigor. Mr. G. took a course in Pelmanism to keep fit. He found Pelmanism so interesting, so inspiring, so individually beneficial to him, *so* practically helpful in his business, that he induced his five sons to take up Pelmanism.

M. G.'s idea was that Pelmanism would give to his university trained boys what their college education, with its mass instructions and deadly uniform methods could never give—training in original thinking, in initiative—in creative vision.

"Has an Entirely New Viewpoint in Life"

"Since taking Pelmanism I have entirely a new viewpoint in life from that which I had last year. One of my reasons for enrolling for Pelmanism *was to increase my salary,* and you will be glad to know *I have already done so.*"

Only Your Spare Time Required

Pelmanism does not ask you for fixed hours of attendance and set times for study. It fits in *your* time, instead of demanding that *your* time fit into *it.*

Pelmanism is arranged in a series of well-planned lessons for correspondence instruction, based upon over 20 years' experience with all classes of men and women in different parts of the world. A special system keeps the examiners in close personal touch with you right through the course, and insures that *individual* attention which is so essential to the success of a study of this character.

All expenses on the outgoing lessons, etc., are prepaid by the Pelmanism Institute; you are at no further expense beyond that of postage on communications to the Institute. "Once a Pelmanist, always a Pelmanist." You are as free to make use of the services of the Instruction Staff in a year or five years as while you are actually studying the course.

How to Become a Pelmanist

"Mind and Memory" is the name of the booklet which describes Pelmanism down to the last detail. It is fascinating in itself, with its wealth of original thought and incisive observation. It has benefits of its own that will make the reader keep it.

Your copy is ready for you. Immediately upon receipt of your request it will be mailed to you absolutely free of charge and free of any obligation. Send for "Mind and Memory" now. Don't "put off." Fill in coupon at once and mail it today.

The booklet, "Mind and Memory," is free. Send for it NOW. Pelman Institute of America, Suite 55, 2575 Broadway, New York.

PELMAN INSTITUTE OF AMERICA,
Suite 55, 2575 Broadway, New York.

Please send me, without obligation, your free booklet, "Mind and Memory."

Name.....

Street.....

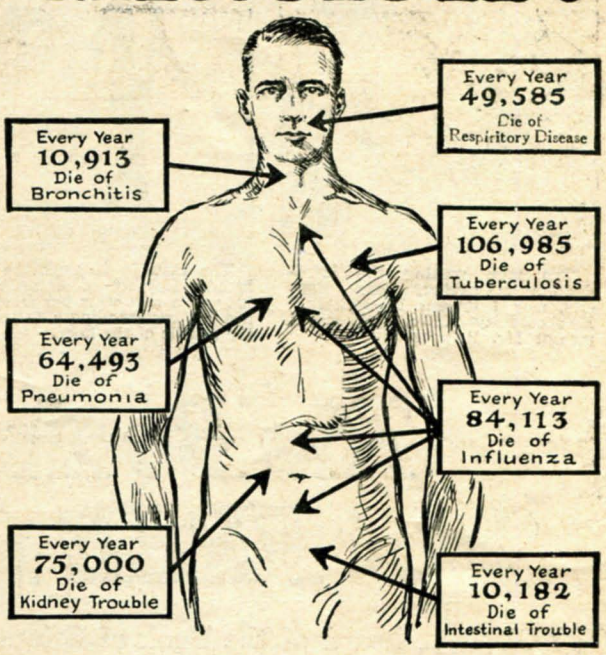
City..... State.....

(All correspondence strictly confidential.)

Will You Be a Victim of This Great Illusion?

How Millions of Peop'e Cheat Themselves of Their Full Share of Health, Happiness and Success. How Hundreds of Thousands Every Year Pay the Penalty of Life Itself for this Colossal Folly.

By Robert B. Wheelan, President of the Health Builders



THIS year over a million people will die in the United States. Close to 800,000 of these will die of preventable diseases. Barring accidents and suicides, only a small percentage of those who will die should die. But the figures show that our people are dying off at the rate—yearly rate—of 12.9 per thousand population.

Do you realize what that means?

I can see only this hard fact: That 80% of at least 1,000,000 people will die during the year of diseases they could have avoided. People who are physically a little "off" right now are the very ones—in a great many instances—on whom the figures will be written at the end of the year. They will be the ones to succumb to preventable diseases—they will be the ones who shouldn't die.

Danger Signals of Approaching Disaster

If you work in an office you will be especially interested in what I have to say. Modern office working conditions swiftly undermine the energy and vitality of men and women. Not more than 36% of these workers enjoy good health.

Take your own case. You know how it feels to get up in the morning tired and all dragged out. To carry a deep-rooted grouchiness, with nerves on edge all day long. To return from lunch feeling drowsy. To have your brain stand still, to lose your powers of concentration. To breathe a great sigh of relief at night that another miserable day has come and gone.

That occasional headache, that tired, exhausted feeling, that loss of appetite, that casual cold—all these are danger signals you you should heed now—at once. Nature is warning you of impending disaster. Seemingly trivial symptoms tell of serious troubles taking root in your body. And yet, ninety-nine times out of a hundred, we absolutely ignore these danger signs. As long as we are not flat on our backs with sickness, we fool ourselves that we are "all right." But we cannot fool Nature—and every year the Death Rate tells the staggering story of the victims of the Great Illusion—the illusion that we can neglect our health and escape the penalty.

Now, wait—I am not going to tell you to take some kind of patent drug, or walk ten miles a day, or ride horseback. There is a new way to build up perfect health and keep yourself in the "pink of condition," and it is so amazingly simple and easy and fascinating that I know every one of my readers will be interested in knowing about it.

The New Way to Keep Fit

You've heard of Walter Camp, of course, the famous coach of college athletes. You've also heard of his "Daily Dozen" exercises. Their tremendous benefits were strikingly shown in the army and navy during the war.

But now comes the new idea! Walter Camp's "Daily Dozen" exercises have been set to music on phonograph records! Now thousands are keeping fit to music! The idea is sweeping the country like wildfire. For doing the "Daily Dozen" to music is *fun*—just ten minutes' fun every day. And new life, glorious health, strength, vigor and "pep" are the results.

10 Minutes FUN Every Day

This new idea knocked the old-fashioned methods clear out of the ring of health building the country over. Dumb-bells, and Indian clubs were thrown away, for the new method requires merely a phonograph—no apparatus whatever.

The "Daily Dozen" are set to music on large double-disc phonograph records that can be played on any disc machine. Start the machine, and the rhythm of the lively, spirited airs carries you through your ten minutes before you realize you have gone through *one*. A pleasing directing voice tells you exactly what to do.

Before you realize it, you are enjoying these exhilarating, refreshing, body-building exercises of the "Daily Dozen." You fairly bubble with health.

Users Filled With New Vigor and "Pep"

Here are extracts from letters, typical of many others

Mrs. Mary Bates, of Duluth, Minn., says "We are enjoying the exercises very much. It is so much more fun to exercise to music."

I am convinced absolutely that your system of Health Building should be in every household, because of its simplicity and the benefits to be derived from it for all members of the family.—Walter N. Hyans, Buffalo, N. Y.

Free Sample Record and Chart

But you cannot fully appreciate what 10 minutes a day of the "Daily Dozen" to music will do for you until you have tried them for yourself. So you are invited to get FREE a sample record containing two of the "Daily Dozen" exercises set to music, and a chart illustrating just how the exercises are done. Just try "keeping fit to music" and enjoy the wonderful new feeling of glowing health that results. See how, by doing these exercises set to music, you will quickly experience a feeling of new strength, vigor and power. Insomnia is ended, constipation banished, digestion improved and nerves toned up.

Can you imagine the feeling you will have in leaping out of bed in the morning, eager for a hard day's work? And then to return home at night fresh and fit for whatever the evening may hold in store?

Remember you are under no obligation for the sample record and free chart. Simply fill in the coupon, enclose 25 cents in coin or stamps to pay for the packing and postage, and the record and chart will be mailed to you at once. You need not return them—they are yours to keep.

Mail the coupon now—today—before you forget it.

HEALTH BUILDERS, Dept. 25, Oyster Bay N. Y.

HEALTH BUILDERS, Dept. 25, Oyster Bay, N. Y.

Please send me your free sample "Health Builder" record giving two of Walter Camp's famous "Daily Dozen" exercises, also a free chart containing actual photographs and simple directions for doing the exercises. I enclose a quarter (or 25 cents in stamps) for postage, packing, etc. This does not obligate me in any way whatever and the sample record and chart are mine to keep.

Name.....
(Please Write Plainly)

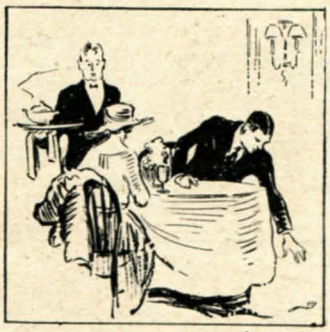
Address.....

City.....State.....

How Many of These

The man making the introduction is saying, "Mr. Roberts, may I present Miss Clark." He should say, "Miss Clark, may I present Mr. Roberts."

The man in this picture is ill-bread. Instead of escorting the lady to a seat near her friends, he has left her standing awkwardly in the middle of the floor.



The man in this picture should not pick up the fork he has dropped. He should permit the waiter to pick it up.

The woman, not the man, is expected to extend her hand first upon meeting. If she doesn't the man should merely nod in greeting.

The Book of Etiquette Sent FREE for Examination

YOU have heard of the Book of Etiquette. It is the most reliable and authentic source of information for the man or woman who wishes to do, say, write, and wear always what is entirely correct and in good form.

Perhaps you have often wondered what to do under certain circumstances, how to answer certain invitations, what to wear to certain social functions. Perhaps you have wondered how the home should be decorated for a party or wedding, how the formal dinner table should be set, how the woman who marries for the second time should be attired.

The Book of Etiquette covers all phases of social requirements in an interesting and authentic manner. There are two handsome library volumes—each volume divided into two distinct parts. There is a chapter on correct dress for every occasion that tells you what to wear to the theatre and opera, to the afternoon dance and evening dance, to the afternoon tea and the garden party. There is a chapter on speech that tells you how to create conversation, how to make yourself agreeable and interesting to others, how to use tact in conversation, and how to find subjects to talk about. There are chapters on dinners, on dancing, on travel and hotel etiquette, on engagements, weddings and entertainments.

What Do *You* Know About Etiquette?

See how many of these questions you can answer and perhaps it will help you find out.

How should a man be introduced to a woman; a woman to a man; a child to an older person? Should a woman rise when a man is presented to her? Should she offer her hand in acknowledgement?

Many embarrassing blunders can be made at the dinner table. Do you know, for instance, whether olives are taken with the fingers or with a fork? Do you know how to use a finger bowl correctly? In which hand should the fork be held; in which the knife? May lettuce ever be cut?

The question of clothes is often puzzling. What should be worn at an afternoon entertainment; an evening entertainment; a formal church wedding; an informal dance? What should be worn at a garden party; a formal church wedding, and informal dance?

To those who do not know exactly what to do, say, write and wear on all occasions, under all circumstances, embarrassing situations are constantly presenting themselves. The Book of Etiquette in two exhaustive volumes obviates any possibility of embarrassment in your contact with men and women.

Only by knowing the social rules of good society can one hope to avoid embarrassment. Only by knowing exactly what to do and say on all occasions can one hope to be always calm,

Blunders Do You Make?

She has received an engraved announcement and is writing a note of congratulation. An announcement of this kind does not require acknowledgment.

Instead of placing both hands into the finger bowl, the man in the picture should place one in at a time, just allowing the finger-tips to touch the water.

One would not be a wallflower if one knew what to do. The young woman should join others who are not dancing, instead of sitting alone.

Did you know that it is ill-bred for a man to take a woman's arm. The bride should be holding her father's arm, instead of the father holding her arm.

well-poised, self-confident. Etiquette is the splendid armor that protects men and women of every social standing from the humiliating blunders that make people misjudge them.

The Origin of Certain Social Customs

The Book of Etiquette is written in as interesting and fascinating a form as a story. Wherever possible the origin of social customs has been traced to its source and the story woven around the conventionalities of the present time. For instance, in wedding etiquette you find out just why the engaged girl should receive a tea-cup for a gift, why the woman who marries for the second time may not wear white or a veil, why rice and shoes are thrown after the bride, and why the bride and groom both must have escorts to the altar.

In the chapter devoted to the bride's outfit, you read the interesting story of the origin of the trousseau, why a veil is worn, the significance of the bridal escort and the maid-of-honor, and why initials are usually embroidered in the linens by the engaged girl herself.

Do you know why black is the color of mourning, why bright colors are worn to the dance, why the man raises his hat when he meets a woman, why the cloth of the billiard table is of green baize? Wouldn't you like to know the origin of all these customs, how they came to be, and their significance in present-day society? The Book of Etiquette reveals it all in so interesting a manner that you will find it as absorbing as reading a story.

Do You Know —

how a woman should sign her name in a hotel register?
how to announce an engagement? A wedding?
what the woman who marries for the second time should wear?
why old shoes are thrown after the bride and groom?
how to eat corn on the cob?
in which hand the fork should be held?
how to word a letter of thanks?
how to acknowledge a formal invitation?

These are only a few of the interesting things the Book of Etiquette will tell you.

FREE for 5 Days. Just Mail the Coupon

We want to send you the Book of Etiquette for 5 days' free examination. We want you to examine these two splendid books in your own home, at your leisure. They will prove to you more than anything we can say how necessary they are—how important it is that a set be in every home.

Please bear in mind that it does not obligate you in any way to take advantage of this free examination offer. You have the guaranteed privilege of returning the books if you are not delighted with them. But if you do decide to keep the two-volume set of the Book of Etiquette—as we are quite sure you will—then simply send us $3.50 in full payment. You have 5 days in which to make your decision, 5 days in which to examine the famous Book of Etiquette, examine the illustrations, read a chapter or two.

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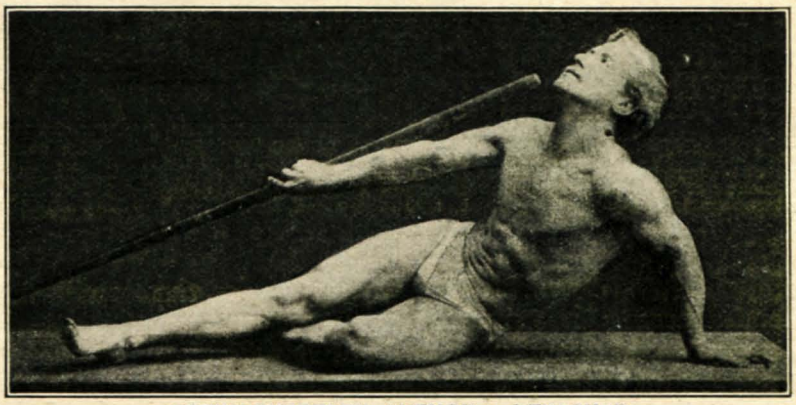
When we say "natural", we do **not** mean the long-hair, bare-foot, raw-food, cave-man stuff. We **do** mean that Checkley explains certain little-known natural laws, that if once adopted, will enable you to become **healthy, shapely and strong, by force of habit.**

THIS IS A CONSTRUCTIVE BOOK

Not a preachment against tobacco, liquor or other indulgences, but a careful **detailed** explanation of (among other things) a certain way of walking that gives you shapely, well-knit legs, a certain bodily carriage that gives you a back of wonderful strength, a certain method of "costal" breathing that produces a high-arched chest and lungs of great capacity and **high quality,** and most startling of all, a certain angle at which to carry the hips that **absolutely prevents the accumulation of abdominal fat.**



EDWIN CHECKLEY, AUTHOR and TEACHER

Why Exercise 15 Minutes a Day for the Rest of Your Life?

It is not necessary. The wild animals do not train. **The lion keeps his wonderful strength without extraordinary effort.** Mankind can do the same thing. In this book Checkley gives a number of special exercises, but only for those who have become overly fat, and for those whose joints are stiff or muscles flaccid through lack of proper use. And, mark you! these exercises are dropped just as soon as the object is obtained. After that the adoption of the habits of breathing, walking, etc., taught by Checkley, will bring added strength and health with no conscious exertion. As he said,

"It is Like Having Money Out at Interest. The Income Does Not Seem to be Worked For" Listen to this dictum of Checkley's (page 18 of the book)

"It is stating a simple truth to say that a man or woman should get good health, sufficient strength and *perfection of form* in the ordinary activities of life, if those activities, however meagre, are carried out in obedience to right laws!"

Checkley practiced what he preached. Having but an ordinary physique and poor health, he found that he made but slight gains from a slavish routine of exercises, so studied anatomy and evolved his system of **growing** healthy and strong. He acquired such a constitution, and such strength and **underlying vitality,** that at the age of seventy he was able, any day, to trot one hundred yards while carrying three men on his back. Yet he mentions his own strength only once in his book. He took more pride in perfecting the physique of one pupil than in his own marvelous physical powers. He believed that vigorous health is the first consideration, that no great or abiding muscular strength is possible unless the bodily carriage is such that the organs and glands can function properly.

His is the Ideal System for Both Men and Women

Because anyone can practice it anywhere, **no apparatus being required.** That the man who is a semi-invalid can not only cure himself, but also raise himself far above the average. Also that the mere adoption of his method of breathing and walking would enable any devotee of athletics to **excel in his particular branch of sport.** As for women, he proved by his pupils, that **any woman can make herself shapely.** He says,

"I am the holder of somewhat radical views about the physical possibilities of women. I have seen in China, I have seen in England, I have seen in Germany types of women, reared under certain conditions, that make me doubt very much whether the long accepted physical inferiority of women is indeed a fact."

This is not merely a "keep fit" system, but one that will put you in the superman class, without monotonous exercise or distasteful dieting.

Have *You* Read Checkley's Book

of which Dr. Jas. Rhodes Buchanan, writing in the "Anthropologist" said:

"His methods and discoveries differ so widely from everything that has been done in that direction heretofore, and are indeed so marvelous, as to suggest that something more than the common reasoning power of man may have guided him as by intuition to doctrines so novel, of which there has never been a hint in any production of physicians, artists, hygienists or philosophers heretofore."

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The fourteen chapters start with **"The Bugbear of Training"** and end with **"On Retaining Youth."**
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Add $20 to $50 a Week to Your Income

How to make hundreds of extra dollars—right at home—during your spare time

By Wallace Orcutt

A FEW years ago I was earning a small salary at uncongenial work. I was living in a hall bed-room, eating in cheap restaurants, wearing shabby clothes, strugling to keep out of debt, and getting none of the luxuries, and mighty few of the comforts, I saw others enjoying.

Today I am at the head of a business of my own choosing, have a comfortable home, take a day off whenever I wish, for motoring or golf, get my share of the good things of life, and live as a *man* instead of a *slave*.

The Spare Time of the Nation is worth $50,000,000 a Day. What is Yours Worth?

And this great transformation took place just as soon as I learned how to turn my spare time to profitable account.

My experience is not remarkable.

Many of the world's most successful men got their start right at home, during their spare time, with little or no capital.

Charles E. Hires started his root-beer business as a side-line when he was in the drug business.

John D. Larkin made his first soap in his own kitchen, carting the materials in a wheelbarrow. Now the Larkin business is one of the biggest enterprises in Buffalo, New York.

Alfred C. Gilbert began making toys during his spare time. Last year his sales amounted to $2,000,000.

Mary Elizabeth, of nation-wide candy fame, started her big business on the family cook stove.

Charles Post, who made many millions, first made Postum in small quantities in his own home.

W. H. Conant, who made $300,000 out of his "Bluine," started in a small way with a few boy and girl agents.

And thousands of other up-and-doing men and women, though not in the millionaire class, nor widely known outside their own towns, have built up profitable, independent businesses of their own, just because they were *wise* enough and *far-sighted* enough to *use* instead of *waste* their spare time.

Are you—*yourself*—in the same unsatisfactory position I was in?

Are you dissatisfied with your *work*, your *pay* and your *prospects?*

Do you want to do what I did—get away from *hard* work and *poor* pay—increase your income from $25 to $250 a week—build up a pleasant business of your own—be your own master?

Then listen to me.

Your spare time is worth hundreds of dollars. What are you doing with it? Are you wasting—or worse than wasting—it, instead of wisely utilizing it to develop your resources, make more money and build a solid foundation for an independent future?

Time is money! The man who wastes it is throwing away gold dollars!

If you are letting priceless hours slip away unheeded and unused, wake up! Decide at once—today—that from now on you will use every minute of your spare time wisely and well, for idle hours used intelligently can do for you exactly what they did for me—bring you *success* instead of *failure*, and enable you to live in the *sunshine of prosperity* instead of the *rain of regrets*.

To know how—*exactly how*—to use your spare time advantageously and profitably, just as I did, get and follow the "Independence Spare-Time Business Plans."

These illuminating, inspiring Plans—which will be sent to you on thirty days' trial—are filled with practical, money-making ideas—real secrets of business success—that enable you to begin at once to add to your present income through the proper use of your spare time.

Your Spare Time is a Gold Mine. What are You Getting Out of it?

Every man, woman, boy and girl who is eager to *do* more, be more, and *have* more, should not lose a minute's time in investigating these intensely interesting and marvelously helpful Plans.

They contain 137 carefully selected, money-making ideas from which you can choose the one that best suits you, and the one to which you are best suited, either by taste, talent, education or experience, and then use it to increase your present income and build up an independent business of your own.

In addition to 137 separate and distinct business ideas, the Plans also contains the basic principle of business success that make it easy for you to start right—proved out rules that guide you step by step along a plain path to business and financial betterment. The Plans are so *clearly* explained, so *simple* to understand and so *easy* to follow that any intelligent person can use them to the fullest advantage.

No matter *who* you are, *where* you are, what your *age*, *sex* or *occupation*, get a set of the "Independence Spare-Time Plans" at once, and acquaint yourself with their amazing dollars-and-cents value, and learn how they make it easy for you to add to your income by cashing in on your idle hours.

Do not send a cent of money. Just sign the coupon (or copy it in a letter or on a postal card) and mail it to the American Business Builders, Inc., Dept. 872, 1133 Broadway, New York, and they will send you at once, on 30 days' trial, a complete set of the "Independence Spare-Time Business Plans" in 8 pocket-size booklets.

When the Plans arrive pay your postman only $1.98, plus postage. Take 30 days to examine and test them in any way you wish. Then if you do not feel that they are worth *ten times the price*, simply remail them and your $1.98 will be returned at once without question or quibble of any kind.

Don't delay. Act promptly and take advantage of the special introductory price of only $1.98. Don't depend on any one else in this important matter. See these money-making Plans with your own eyes. Judge them for yourself. You take no risk. You have 30 days to decide. And our money-back guarantee protects you absolutely.

If you do nothing else all day but mail the coupon it may be one of the most profitable days of your life. It may be the big turning point in your business career, showing you how to turn *idle* hours into *golden* hours, build up a profitable business of your own, and pull *success* out of *failure* just as I did.

Remember, *send no money*—just the coupon.

And may *your* success be as gratifying as *mine*.

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High Blood Pressure—the Body's Danger Signal

By R. L. ALSAKER, M. D.

Every Man and Woman Over 30 Should Read and Heed This Article on the Cause and Cure of Hardened Arteries

IF you become dizzy when you stoop over or strain; if you have headaches without apparent cause; if the veins over your temples are becoming prominent and firm to the touch—you had better "stop, look and listen," for Nature is waving a danger signal at you.

Feel your pulse for a moment.

Does it beat with a clearly defined but soft "blow," or is there a sort of "wave" in the wrist artery? If the latter, you will do well to give the question of high blood pressure some serious thought, for you probably have hardening arteries.

Your body is signalling, "Danger Ahead!"

And even if none of these conditions are present you may still have a dangerously high blood pressure. It is no exaggeration to predict that a man whose pulse shows a pressure of 185 or more stands a very good chance of eventually dying of apoplexy, Bright's disease or diabetes—even if he appears to be entirely vigorous and in perfect health—unless the cause of this condition is corrected. Life insurance companies know this, of course, and are now applying the blood-pressure test to applicants for policies.

R. L. ALSAKER, M. D.
Founder of
THE ALSAKER WAY

You may be "sound in wind and limb," but if your blood pressure is much above normal you will probably be rejected, temporarily at least.

Experience has shown the insurance examiners the wisdom of their course too, for out of 365 applicants rejected by one company, because of excessive blood pressure, 80 developed kidney trouble, 7 developed diseased arteries, 10 heart murmurs, 4 heart enlargement, 6 nervous diseases, and 16 various other organic troubles, 123, over a third, developed serious disease within two years!

At intervals you should find out what your blood pressure is, for dangerously high pressure is common among men over 45 and frequent in younger ones. An examination nearly always shows more or less Bright's disease, caused by the excessive pressure, which forces the albumin through the kidneys.

Here is a part of a letter I received recently:

"Last week I had two severe shocks. One of my friends had a stroke of apoplexy and is now in a very serious condition; another one dropped dead. Both of them are a little past fifty, and both of them have suffered from high blood pressure for some time. I am anxious, because I, too, am past fifty, and my blood pressure runs from 190 to over 200. From time to time I have discomfort in the region of the heart and pains in the head.

"A third friend tells me that he followed your directions, and recovered. He is active and looks healthy, but I can hardly believe this, for my physicians—and they are good ones—have informed me that high blood pressure cannot be reduced. Please write me frankly by return mail. I want to linger here a while longer." F. R. M.

This man has a case of hardening of the arteries (arterio - sclerosis) with high blood pressure.

The condition described is dangerous because if allowed to continue the patient will usually expire from apoplexy of the brain, or heart failure; sometimes death comes through Bright's disease, with its accompanying uremia.

Is the condition curable? It is in the majority of cases. Nearly everybody believes that hardened arteries with high blood pressure is a fatal affliction. And it is, if it is treated in the old way. If it is treated correctly, that is, in accordance with the laws of Nature, at least four out of five will recover so completely that they can live to be old—far older than three score years and ten—and they can be so healthy that they can't feel anything wrong. And what more can they ask?

In most of these cases correct treatment will reduce the blood pressure from twenty to thirty points the first month. After that the reduction is slower.

If this is true, why don't most doctors and many laymen know it? Because both physicians and lay individuals are looking for cures from pills, powders and potions, aided by serums and operations. And these means will not work in cases of high blood pressure.

The correct way, which is Nature's way, is so simple and reasonable that very few have discovered it to date. It consists of living so that the hardening process stops immediately, and then the blood pressure begins to decrease. Usually the patient is out of danger in a few weeks.

I have had patrons who were continually dizzy; who had surging of the blood to the head; who had daily headaches; who had oppression in the region of the heart (pericardial pain); who were so short of breath that they could not walk upstairs, nor could they walk as much as a block without resting—yes, individuals with as bad symptoms as that have recovered very good health, after they had been told by competent physicians that nothing could be done for their hardened arteries and high blood pressure.

Mr. L. H. C. of Wichita, Kansas, writes, "A few months ago I ordered Dr. Alsaker's 'Curing Diseases of the Heart and Arteries.' Have followed its directions and have reduced my blood pressure from 200 to 150."

Mrs. W. B. O. of Zanesville, Ohio, says, "We were well pleased with results obtained from book on 'Curing Diseases of Heart and Arteries.' Mr. O's blood pressure was reduced from 184 to 168 in 29 days."

* * * * *

Realizing the great need of definite, practical information regarding this disease, Dr. Alsaker has prepared a plain, simple instruction book on the cause, prevention and cure of hardened arteries, high blood pressure and apoplexy. This book is entirely free from fads, bunk and medical bombast. It sets forth a common-sense, proved-out PLAN, that is easy and pleasant to follow—a plan that teaches the sick how to get well and how to keep well. The name of this book is "Curing Diseases of the Heart and Arteries." It tells the true cause of this condition and it gives you a safe, simple, sure cure without drugs, medicines or apparatus of any kind. You apply this wonderfully successful treatment yourself, in your own home and **without the expenditure of an additional penny.** There is nothing difficult, technical or mysterious about this treatment. It is so **easy to understand** and so **simple to follow** that any one, young or old, can reap the utmost benefit from it.

Nature's Laws Alone Cure

If you or any member of your family suffer from heart trouble in any form, send only $3 to the Publishers of "THE ALSAKER WAY," Dept. 920, 1133 Broadway, New York, and get your copy of this valuable instruction book. Follow the instructions for thirty days; then if you are not delighted with the results—if you do not see a wonderful improvement in your health—if you are not satisfied that you have made the best $3 investment you ever made—simply remail the book and your money will be promptly and cheerfully refunded.

Remember this: If you want to get well you can do so. Dr. Alsaker's treatment is not experimental. It is proved-out and time-tested. And it costs nothing to follow, while doctors' bills, prescriptions, and so-called patent medicines that do not cure, soon eat a big hole in any man's income.

Send for this book today. Follow it faithfully and you will experience the same splendid results that thousands of others are receiving.

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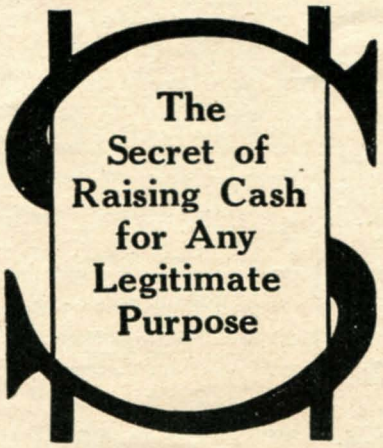
Do you want cash to introduce a new business idea, plan, novelty, patent or service?

Then let us send you—*on thirty days' trial*—"The Simplex System For Securing Cash Capital," a *proved-out, time-tested* method for raising money for any legitimate purpose, that has already raised millions of dollars for all kinds of businesses.



Build a Business Of Your Own

Are you one of the many *earnest, ambitious* people who are keenly anxious to get in business for themselves and *make more money?*

Are you struggling to get out of the rut of *hard* work and *poor* pay?

Do you want to bid your pay-check pals good-bye and become your own master?

Do you want to quit *slaving* for others and start *working* for yourself?

Have you a business *prospect—idea—novelty—plan—* or *service*—that you know you could make successful if you only had the necessary cash capital to put it across?

If so, then you need "The Simplex System For Securing Cash Capital."

You can never become independent—you can never live on Easy street—you can never get a look-in on luxury—so long as you call some other man "boss."

You haven't *one* chance in a *thousand* of ever making much money, unless you get into some business for yourself.

And to do that you *must* have cash capital.

And "The Simplex System" shows you how to get it—*easily* and *quickly*.

Send for it today—*on 30 days' trial*—and judge for yourself just what it will do for you in the way of *business* and *financial* advancement.

Get The Money You Need

"The Simplex System" is simple to understand and *easy* to use. It is explained in such plain, every-day English, that anyone who can read and write can profit by it.

It gives such clear instructions that you cannot go wrong.

It makes plain the real secret of success in money getting.

It tells how this system has raised *millions of dollars* where other methods failed.

It shows you the faults of the usual way of trying to obtain cash capital

Get it. Examine it. It will show you how to solve your financial problems.

Now Is The Time

Successful people—*people who make money*—are people of action. They *do* things. Therefore, you should not lose a minute's time in sending for "The Simplex System For Securing Cash Capital."

Send no money. Just fill in and mail the coupon, or copy it in a letter. We will mail you the complete system *on 30 days' trial.* When it is delivered pay your postman only $1.98, plus postage. Then you can have *a whole month* to examine, read, analyze, test and try it out. Then if you do not feel that you have received *ten times* your money's worth, simply remail it and your $1.98 will be promptly refunded.

That is the fair, square way "The Simplex System," is sold. If it doesn't stand every test—if it doesn't *make good*—if it doesn't prove its own worth and merit—if it doesn't render you a valuable service—then it isn't good enough for you to *buy* or good enough for us to *sell.*

Don't delay. Sign and mail the coupon *now.* Don't send any money. But act at once, as this low-priced, $1.98 edition is limited. American Business Builders, Inc., Dept. 703, 1133 Broadway, New York.

Send No Money—Just This Coupon

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(A National Service Organization for Business Development)
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You may send me, on 30 days' trial, "The Simplex System for Securing Cash Capital." I will pay my postman $1.98, plus postage, and will examine it for thirty days, and if I am not perfectly satisfied, I will remail it to you and you are to refund my $1.98 at once.

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Over 8,000,000 of these unique books have been sold during the past two years, indicating the popularity of the idea. The library was started with the thought of putting the best literature within reach of the masses. While the books are printed on good book paper and very neatly and securely bound in heavy card-cover paper, they are not intended to decorate shelves but to enrich minds. These books are *read*.

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Then we mailed several more thousand circulars to booklovers, *this time enclosing a sample cover* of one of the volumes illustrated above. Orders came in by the hundred! The reason, we believe, is that most people can not believe we can really offer so great a value unless they *see a sample!*

In this advertisement, naturally, it is impossible for us to show you a sample volume. The best we can do is to describe and picture the books in the limited space of this page. We depend on your faith in the statements made by the advertisements appearing in PHYSICAL CULTURE; and we are hoping you will believe what we say, instead of thinking this offer is "too good to be true."

What this offer is

Here then is our offer. The illustration above shows thirty of the world's greatest masterpieces of literature. These include the finest works of such immortal authors as Shakespeare, Kipling, Stevenson, Emerson, Poe, Coleridge, Burns, Omar Khayyam, Macaulay, Lincoln, Washington, Oscar Wilde, Gilbert, Longfellow, Drummond, Conan Doyle, Edward Everett Hale, Thoreau, Tennyson, Browning, and others. These are books which no one cares to confess he has not read and re-read; books which bear reading a score of times.

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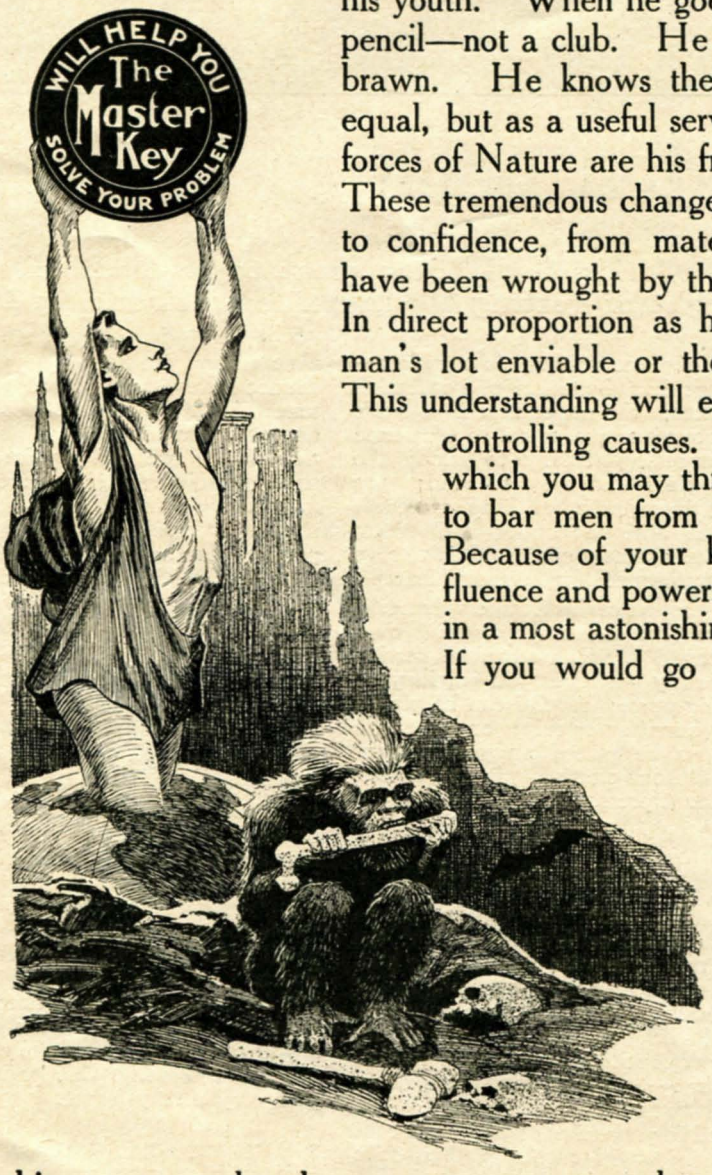
PRIMORDIAL man—naked and beastial, squatting in gloomy caverns, gnawing bones—was born, lived and died in a hostile world. Its hostility—and his wretchedness arose from his ignorance. His handmaidens were Hate and Fear. His sole reliance was his club. He saw in the beasts, forests, torrents, seas, clouds—and even in his fellow man—only enemies. He recognized no ties binding them one to another or to himself. Modern man is born to comparative luxury. Love rocks his cradle and shields his youth. When he goes forth to struggle he wields a pencil—not a club. He relies upon his brain—not his brawn. He knows the physical as neither master or equal, but as a useful servant. His fellow men and the forces of Nature are his friends—not enemies.



These tremendous changes—from hate to love, from fear to confidence, from material strife to mental control—have been wrought by the slow dawn of Understanding. In direct proportion as he understands Cosmic Law, is man's lot enviable or the reverse.

This understanding will enable you to compel effects by controlling causes. It is the "Open Sesame" by which you may throw wide the doors which seem to bar men from the treasure house of Nature. Because of your knowledge, you will have influence and power. Circumstances will favor you in a most astonishing way.

If you would go aloft, into the heights, where all that you ever dared think or hope is but a shadow of the dazzling reality, you may do so. Upon receipt of your name and address, I will send you a copy of a book by Mr. Bernard Guilbert Guerney, the celebrated New York author and critic. It affords the inspiration which will put you in harmony with all that is best in life, and as you come into harmony with these things, you make them your own; you relate with them; you attract them to you.

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Charles F. Haanel, 212 Howard Bldg., St. Louis, Mo.

IT COSTS ME OVER $50,000.00 a year to tell you about this book, but it will cost YOU NOTHING to get one

PHYSICAL CULTURE

BERNARR MACFADDEN'S VIEWPOINT

Conserving the Home Builds National Power

Physical Culture a Builder of Homes

NATIONAL power depends upon the stability of the home. When homes everywhere begin to totter and fall; when husbands forget their marital obligations and wives refuse to become mothers or neglect their children in the search for jazz novelty, the future of the Nation can easily be predicted. No nation ever lived and prospered for long under such conditions.

The home is literally the foundation of national power. Figuratively, it might be termed the bricks or the stones on which must rest the national structure. When this foundation begins to crumble, degeneracy and oblivion is the ultimate national fate.

Right here is a factor associated with the PHYSICAL CULTURE propaganda to which we rarely call attention.

Those who have no knowledge of the ideals and principles back of our editorial policies, often condemn this magazine. They look at the pictures, they read the headings, and from this superficial examination they condemn our propaganda. Such people are still in the throes of the old-time prudery which has been one of the most active forces in the reduction of the size of American families, and in the physical degeneracy of our people.

PHYSICAL CULTURE is a builder of dependable homes. It helps in a substantial manner to stabilize, strengthen and conserve the home. There is no influence in this country that exerts a greater power in this direction than the health-building propaganda so emphatically advocated in the pages of this publication, from its very first issue.

Parenthood Requires Vigorous Health

GO into a home where PHYSICAL CULTURE is the paramount influence and you will find ample proof of these statements. The father is usually a healthy, wholesome, vital specimen of manhood. The mother possesses the vitality which gives her a full supply of the feminine instincts so important in mothering the race. The children in these homes are usually vital, healthy specimens of physical life. They have bright eyes and are alive, healthy, wholesome, a pleasing sight to look upon.

The father must be a fitting specimen of manhood in order to become the dominating factor in home-building. The mother must possess the vitality which is essential to bring healthy children into the world.

Without health, therefore, a real home, made fertile with healthy, beautiful children, is practically impossible. The more of this factor—health—you possess, the more capable you become as a home maker.

PHYSICAL CULTURE has been working for the home through its influence on the health of the individual home maker. It has helped to make stronger, more capable fathers. It has molded the life habits of literally millions of mothers.

The home can be properly conserved only through the mating of men and women of this sort. They possess their full share of the parental instincts which are so highly developed in every superior specimen of animal life, human or otherwise.

Parental Instincts Stronger in Lower Classes

THE fact that a strong man usually makes a better father than a weak man is not necessarily due to educational or other civilized environments. It is simply because of his physical excellence as a male member of the human species. The lower you go in the scale of civilized human life, the stronger you will find the paternal and the maternal instincts.

In the homes of those we call the lower classes, the mothers usually show more affection for their children than do the women of the so-called upper classes. The lower class women are governed more by their physical natures. They have stronger maternal instincts. And it is to the mothers of the great middle class, lying between what we term the lower class and the upper class, that we must look for dependable home makers. They are the women we must depend upon to mother the race. They will usually fight for their progeny to the last breath.

Now that *National Physical Culture Week* is here, we would like our friends everywhere to emphasize this particular factor in the work of PHYSICAL CULTURE. We are helping to give the Nation strong, virile fathers and splendidly vigorous mothers.

We are living in an age dominated by luxury and ease. Ancient Rome at its best, never excelled us in this regard.

Very few people lead what we might call normal lives. We rush through life at express-train speed. We hardly get a chance to become reasonably well developed mentally before our lives are "snuffed out" and we pass on to the dust from which we came.

WE want our friends, therefore, to emphasize that PHYSICAL CULTURE stands for the development of human power, that it is first and foremost a home builder. It is assisting in the building of national strength, not only because of its influence upon the individuals of the nation everywhere, but because it

conserves the family life; it knits more closely the home ties. The home might be termed life's haven of peace and delight. Within its sacred precincts we find life's most satisfying joys. We dream about such a home from our earliest years.

The boy when he toddles off to school usually finds a girl sweetheart. She is frequently the girl of his dreams. The one he has selected may never know she has been thus idealized.

Every girl is affected in a similar way.

It is a part of God's or Nature's great plan. It is the beginning of the development of the home-building instinct—the boy and the girl searching for their mates.

Mating means home-building and there can be no home-building that is worth while without a background of superb health for those who expect to assume its responsibilities.

Lack of Health Brings Marital Tragedies

BUT the great outstanding cause that brings tragedy into homes is a lack of that degree of health which is necessary to normal fatherhood and motherhood.

Previous to and during what is known as the courting period, prospective home-builders usually have the stimulus of youth to keep them in fairly good health. Furthermore they give more attention to their physical needs at such times, but when marriage intervenes, physical health is often neglected.

The vitality of the husband frequently decreases to a certain extent, but the wife, usually because of the confinement in the home, fails far more speedily.

In a few short years the allurement of sweetheart days has partly or entirely disappeared. Marriage then becomes a monotonous, uninteresting routine. The husband often loses his love for the wife and the wife may be retaining her position in the home largely because she must be supported or because of the children which may have come to them. This is indeed tragic for husband and wife.

If physical culture principles could be made to appeal to the poor victims, their homes would often be saved. Marital tragedies can be averted. Happiness can be transplanted where misery previously abided. The victims of this harrowing condition have frequently been saved by wholesome health-building influences.

When the wife learns that she has lost her youth and attractiveness because of her own ignorance and neglect —when this important information lights the road ahead, the remedy is easily pointed out. A marital victim of this sort can often again become the wife of her sweetheart days if she makes proper efforts toward rejuvenation, and at the same time the husband secures similar advantages.

Children Necessary to Marital Stability

NEXT to lack of health as a means of destroying homes, comes the prevailing tendency to avoid children, whether for economic or other reasons. To be sure, there may be times when such an attitude is justified, but that does not in any way lessen the destructive influence upon the home. Children are necessary to tie parents together. They cement the home tie. They bring mutual interests.

Then there is the ignorance of the physiological laws of marriage which undoubtedly is a destructive influence on the stability of the home. PHYSICAL CULTURE is doing its share towards dispelling this diabolical evil. Every fact that we could present without running the risk of breaking the laws of the land, has been given to our readers. Our friends should realize, however, that much valuable information exists on this important subject that cannot be printed and circulated because it might be misinterpreted, with imprisonment as a penalty.

There are no words in the English language that could be used to properly describe one's feelings at such a damnable situation. Marriage is one of the most important factors in life. Homes are crumbling, children are thrown into the street, sent to orphan asylums and other places of refuge, solely because knowledge of extraordinary importance has been withheld from those who assume the sacred duties of matrimony. Divorces by the thousands have been brought about through this one cause.

There should be nothing associated with the divine institution of marriage that should not be understood in all its details by those who expect at some future time to enter its sacred realm.

There are many factors that tend to break up home ties. The overwhelming power of ambition, greed for gain in some cases, dominates people to such an extent that they interfere with or destroy the home-making instincts.

Prudery a Taint That Destroys Homes

IN days gone by, "Prudery" has sat in high places. There are degraded minds that would smear even the throne of God if they had the chance. Victims of this mental nastiness have made laws in past generations, and such laws have been used to prevent the presentation of the truth on this momentous subject

May the day soon come when this costly ignorance can be dispelled. It is ruining more homes, causing more unhappiness, more tragedies than the World War When the truth prevails the prude and hypocrite will be made to hide his mental sewerage instead of being rewarded for spewing his nauseating doctrine where it will taint the minds of the coming generation.

With a proper knowledge of marriage and the right sort of health to begin such relationship, the divine, alluring affection that brings a man and woman together at such times should continue to exist at least during the fertile period of married life.

PHYSICAL CULTURE has pointed the way clearly and emphatically towards health of the supreme sort. We have told our readers as much as we dared of the divine relationship of marriage. We have guided them with principles and ideals that have helped to sanctify and make marriage more fruitful.

PHYSICAL CULTURE is helping as is no other influence, to build up American homes; and through the building up of these homes we have materially aided in the building of a stronger nation.

Let our friends remember these stupendous facts. It is work of this sort that will add to the future power and permanence of this great country.

If the importance of the future makes no impression upon us, we are heading for certain disaster. If we look upon our bodies as buildings and fashion them to endure for a long period, then we are laying a foundation that will yield untold health, and power and happiness to ourselves and to our progeny.

The Corset

By Dr. Frank Crane

WALKING down a Paris street the other day, my attention was called to a sign conspicuously displaying the words, "100,000 Corsets."

It is a reminder that the corset is still with us.

As the fragile reed bends before the storm and rises again in all its green gracefulness when mighty oaks have been laid low, so gentle woman still clings to the corset and greets your objections with a superior smile.

What is a mere man to do when his lady dismisses the subject with a casual, "You don't understand."

Almost every centre of authority has declared against the use of the corset, except perhaps the authority of fashion, which takes orders from nobody.

The scientists have demonstrated that it is abnormal.

The doctors have declared that it is unhygienic.

The paragraphers have ridiculed it.

The preachers have denounced it.

And even the Pope has disapproved it.

It is still with us.

You would naturally think that women want to be beautiful. That is an error. What they want to be is to be in style.

One might suppose that women dress to attract the eye of man. That is error number two. Women dress to attract the praise or arouse the envy of other women.

The artists have shown that the corset violates the fundamental canon of charm, which is the "line of beauty."

All the artistic world agrees that the natural figure of woman is the most beautiful object in the world. In every artistic centre people study from the nude.

The aesthetic masters of Greece, whose rule is still acknowledged, portrayed the feminine figure as God made it. A classic statue of a woman wearing a corset would be as outrageous as a classic statue of a man in "pants."

Artistically considered, trousers and corsets are twin abominations.

For many a generation, the Venus de Milo has been cited as an example of physical perfection. And the waist of that statue is not wasp-like but beautiful in its sheer strength, as befits the figure of a woman worthy to be the mother of strong children.

In vain the doctors have argued that the effect of the corset upon the internal organs "is in the last degree unhealthy and the cause of grave physical evils."

That there may be instances where the use of a corset is advisable is doubtless true. But that is confined merely to abnormal instances. Alcohol may be serviceable for the physician in certain sicknesses, according to some opinion. But that is no argument for alcohol in the diet of healthy people.

The physical culturists have shown that the corset prevents freedom of exercise, without which there can be no health.

Perhaps the most interesting phase of the corset question is psychological. For it is an illustration of how human beings under the push of a desire to be in fashion can go on serenely impervious to every conceivable argument; physical, aesthetic and moral.

More Miles Mean

About How Many Miles Do You Walk in a Year? Let Your Life Extend Over a Greater Distance in Both Miles and Years

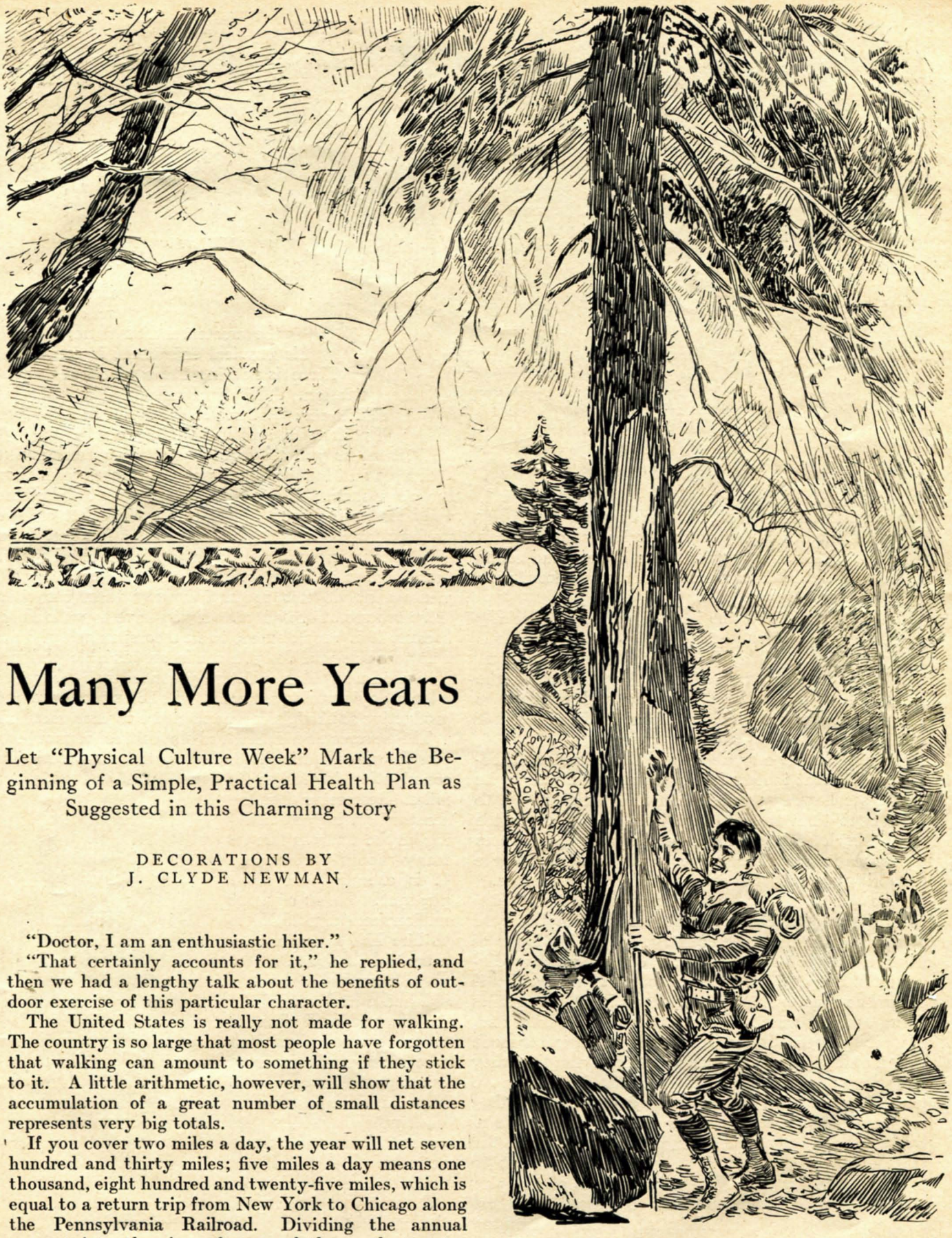
By August Prehn

SOME time ago I inserted into my left ear an object larger than the proverbial elbow. The result of this carelessness suggested to me medical consultation, and as I had heard the weirdest stories about afflictions of the ear, I inquired about a very good physician.

The young woman who received me, looked at me with suspicion, as if I were a collector or some other kind of unwelcome visitor. Patients who were waiting in the anteroom like myself, scanned my features and seemed to take me for a process server or even for a secret agent.

I came to the conclusion that something must be wrong with me, and my misgivings increased when the physician, a very kind looking gentleman, appeared to be surprised. As I did not bear any outward mark of injury or contagious disease, and as I was dressed in good style, I failed to understand the peculiar glances of the people whom I saw. I told the doctor what a foolish thing I had done, and that I preferred an ounce of prevention to a pound of cure.

Doctors preach this gospel, but they do not like to hear it quoted by new patients, and after my ear had been examined, and the little trouble had ceased to exist, I was asked if nothing else was the matter with me. Now I saw where my trouble was located. The doctor put all kinds of questions regarding this or that organ, and when I told him that I had not called on a physician for at least twenty-five years, the good man seemed to be unable to believe me. I simply remarked:



Many More Years

Let "Physical Culture Week" Mark the Beginning of a Simple, Practical Health Plan as Suggested in this Charming Story

DECORATIONS BY
J. CLYDE NEWMAN

"Doctor, I am an enthusiastic hiker."

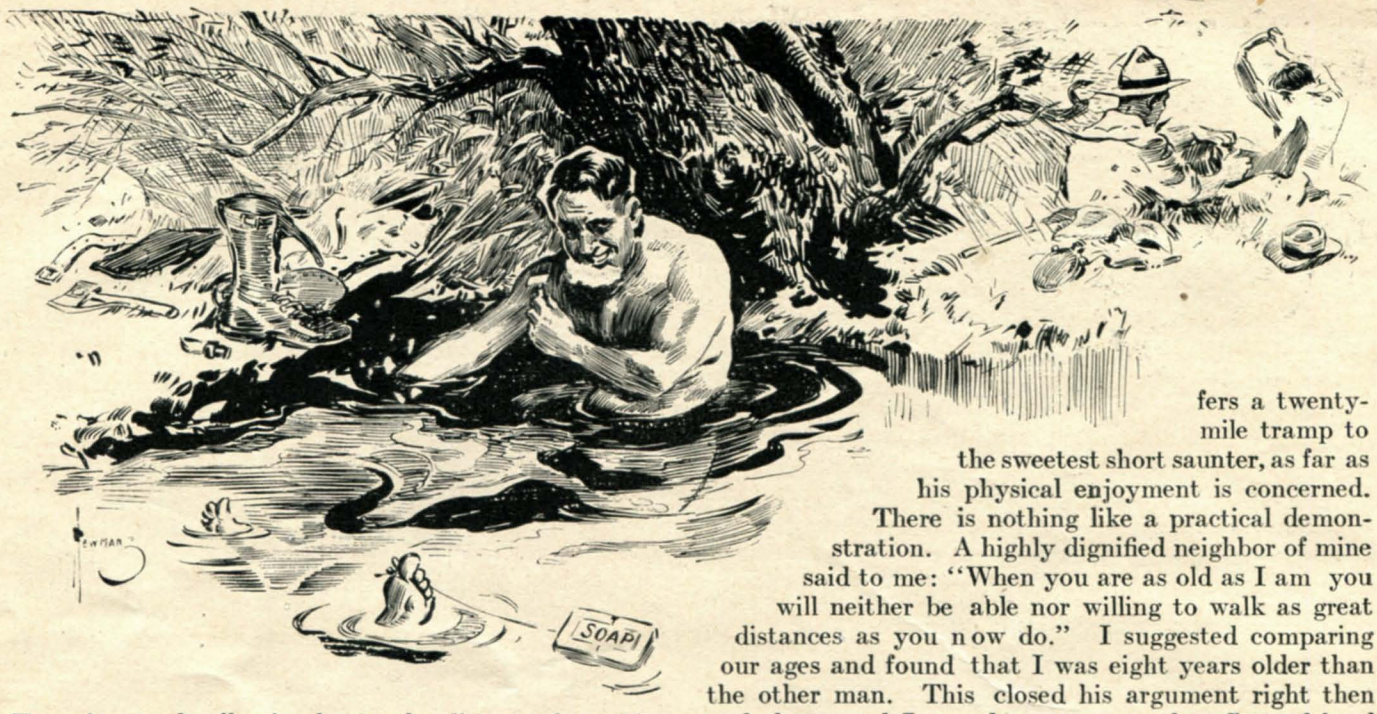
"That certainly accounts for it," he replied, and then we had a lengthy talk about the benefits of outdoor exercise of this particular character.

The United States is really not made for walking. The country is so large that most people have forgotten that walking can amount to something if they stick to it. A little arithmetic, however, will show that the accumulation of a great number of small distances represents very big totals.

If you cover two miles a day, the year will net seven hundred and thirty miles; five miles a day means one thousand, eight hundred and twenty-five miles, which is equal to a return trip from New York to Chicago along the Pennsylvania Railroad. Dividing the annual amount into the circumference of the earth, twenty-four thousand, six hundred and eighty-three miles, we find that at the last named rate fourteen years are sufficient to girdle our planet.

I used to walk a great deal and was frequently asked how many miles I could cover in a given time. This question aroused my own curiosity, and on September 15, 1906, I began to keep an account of my daily mileage. It was a small beginning, but the figures came in regularly, and at this writing, only a little more than twelve years later, I have covered twenty-four thousand miles, and am practically on the last lap.

According to circumstances, I walked more or less than two thousand miles a year, but two thousand seems to be the limit allowed by my scanty leisure.



Two thousand miles is almost the distance from New York to Denver, and if you do not know how it feels to travel this distance by rail, take a train and count the hours and the days which separate you from your goal.

Most people ridicule the idea of walking, especially the farmer who never goes to the post-office without using his rig or his dilapidated auto. A walking summer boarder means a passenger less whenever the inmates of the house go on an outing, and, besides, the hiker has an appetite which is ruinous to the farmer if it is satisfied.

The man in the city objects to the enormous shoemaker's bill that follows in the wake of the walker, he cannot see how any person can find time enough to cover more than the distance from his home to the car and back again. This is perfectly true, but there is plenty of time after supper, and Sundays offer a long string of hours that can be used for this purpose.

Some people prefer the gymnasium, but the best institution of this character fails to provide the fresh air of the suburbs or the country. Nobody thinks of going to the gymnasium after an unusually heavy dinner, but there is a good chance to avoid indigestion if you walk no matter how far. If your home is ten miles distant, you are sure to digest the richest food and, on reaching home, find yourself ready for another meal.

Men and women employed in stores claim that they cover many miles a day inside of the building. No doubt they do. But, besides missing the fresh air, they lack continuity. Letter carriers are a good example of men who walk a great deal, and yet cannot stand the strain of an uninterrupted walk of one hour, not to speak of three or four hours. The habit of stopping after a very short exertion seems to incapacitate them for a continuous tramp. This, at least, has been my observation with those carriers whom I met on their vacations.

Another type of occasional walker who is likely to break down under a heavy task, is the young lover who promenades with his girl, or the young father who pushes a baby carriage.

A person accustomed to a brisk and enduring walk breaks down after half a mile at a snail's pace, and prefers a twenty-mile tramp to the sweetest short saunter, as far as his physical enjoyment is concerned. There is nothing like a practical demonstration. A highly dignified neighbor of mine said to me: "When you are as old as I am you will neither be able nor willing to walk as great distances as you now do." I suggested comparing our ages and found that I was eight years older than the other man. This closed his argument right then and there, and I was happy to see the effect of hard work performed and neglected, as I had felt that I was by far the younger. I am not a physician, but I believe that there is no more efficient tonic for ordinary ailments that do not require surgery than the most extensive use of one's legs. If you have to walk alone, because it is very difficult to find companions who are able to do as you do, you are in an enviable position. You need not talk nor listen, you need not think, and after a day's work your mind will be as receptive and productive as though you had spent a regular vacation.

The severest headache has no chance of troubling you for more than fifteen miles, the most obdurate constipation is sure to be removed after twenty-five miles. Remember that the constant setting and heaving of the body is like so many hours' massaging. It is cheaper and more pleasant. Think of a fat millionaire who would have to hire half a dozen masseurs to knead his flesh for seven hours.

I had a bad case of the grippe, and as I chanced to meet two physicians who were good friends of mine, and who could not bear the idea of seeing me ill, I was given two free consultations and two prescriptions. I could not read the hieroglyphics, but I thought perspiration was the main object of their strategy, and I made up my mind to put on a heavy rubber coat in order to promote perspiration during a brisk walk in fine country air. Moreover, I reckoned that at home I would be put under a

strict diet, whereas in the country I had the privilege of ordering a meal whenev r I felt like doing so. I covered eighteen miles on hard frozen snow and had banished the grippe before I returned home.

Nevertheless, I did not feel quite comfortable. I had not made any use of the two prescriptions, and I knew that a few days later I would meet one of the physicians who was even a young professor of medicine. This gentleman expressed the greatest satisfaction at the enormous change which he thought his medicine had brought about. I hesitated to tell him the truth, but I had to, and then I began to admire my medical adviser, because he fully endorsed my self-treatment.

"The trouble," he said, "is that few sound persons can walk eighteen miles, let alone a sick man, and I could not possibly prescribe this medicine to a patient."

A mechanical engineer, a hard working man and a splendid companion, complained to me about overwork. He felt miserable. I suggested that he accompany me on a two-day hike across the Catskill Mountains. He accepted, we put enough baggage on our shoulders to provide ourselves with several changes of underwear and sufficient food to allow us to sit down for a plain meal whenever we felt that we needed one, and started on the morning train for Catskill.

To save time, we took a hearty lunch before leaving the train, and started on our tramp at about half past eleven. Palenville was the next stop, then we ascended over the old Rip Van Winkle Road to the Catskill Mountain House and proceeded to Haines Falls where we had ordered rooms in advance.

This was in the middle of June when New York had its first hot spell. By the time we reached our little inn, the temperature had dropped to forty-six degrees, and we were glad to find a good log fire while New Yorkers flocked to Coney Island to forget the heat.

We drank plenty of water and went to bed at nine o'clock. My friend, who is a very sturdy man but does not walk frequently, was so stiff that he could hardly climb the one flight of stairs up to his room. But he slept ten hours and was in a fine condition when we started the next morning. We reached Phoenicia at suppertime. My friend was sitting on the piazza, wrapped in his overcoat, enjoying the invigorating cold air. He had stood the strain of these two days in the most excellent fashion, but when I coaxed him to go to one of the stores with me and to add about five minutes' walk to his previous performance, he politely declined, and I did not insist.

The next morning we took the train to Kingston and returned by boat. My friend assured me a few days later that his brain fag had not left any trace, and he felt as though he had enjoyed a long vacation.

It is this kind of rather rough excursions on foot that makes the hiker happy, but they are not easy, by any means. It is not only the hiking that is to be considered. Footsore people need considerable training before they can think of joining the hardened folks, and they can get all the drill they want in the immediate vicinity of the old city. The availability of transportation at short distances furnishes an avenue of escape as soon as exhaustion makes itself felt. When hiking aspirants feel their strength grow they are powerfully attracted by the more difficult exercise which includes the carrying of baggage and the climbing of mountains.

After a while the fan will find that the hiking is the easiest part of the trip. In the month of June, before the opening of the season, it is not very difficult to find accommodations in the mountain towns, but during vacation time, all kinds of impediments interfere with the progress of the traveler.

Most of the houses are filled, and at the end of the week, it is almost impossible to be admitted anywhere.

It goes without saying that a hiker does not look like ordinary mortals as far as clothing is concerned.

I remember passing a tramp who was sheltering himself under a big tree from the burning sun one day, near a station of the Pennsylvania Railroad. He seemed to be tired, although it was only about noon, and when I was within speaking distance, he said in a languid voice: "Traveling, Brother?" "Yes, Brother," I replied without stopping, "I am traveling also." "Which way are you bound?" "New Brunswick," was the last word that I gave him a chance to hear, and off I was on my way.

A mile further on, I overtook a venerable looking old tramp who asked me while I was passing by: "How far is it from here to New Brunswick?" "Just eleven miles," I answered, and I sped on. I never found a tramp willing to join me, because a good meal allowed me to keep up a brisk gate, while these poor fellows seemed to be hungry and preferred to be left alone.

These mistakes were made by the tramping brotherhood not far from New York when I wore my ordinary business clothes, and nothing but the use of my legs could have put me on a level with the brotherhood. But imagine two men with hatchets in their belts, with a knapsack on their backs to which are attached all kinds of things for which there was no room inside the bag, then a face over which gallons of perspiration have not trickled, but rolled, and layers of dust which have accumulated on top of the moisture, and you can imagine what well dressed boarders think of the strangers.

Carrying even the lightest tent besides indispensable baggage is too much of a burden if mountains are to be crossed, and I should like to know what could be more fascinating than the ascent of a mountain, either by trail or no trail.

Sending baggage ahead would be a marvelous expedient if the time of its delivery by either express or parcel post could be determined with any degree of certainty. By the time you reach your post-office or express storage house, however, both

(*Continued on page* 126)

Food Advertising Teaches Health—Sometimes

By Alfred W. McCann

Alfred W. McCann

ONE of the full-page 1922 advertisements of the Corn Products Refining Company urges parents to give their children all the Karo that nature tells them to eat—on well-done pancakes, spread on sliced bread, or made into pure home-made candy. The advertisement declares that Karo "will make the children sturdy and robust, and more active for work, play or growth.

"It is an ideal food for little human dynamos in short dresses and knickerbockers. It develops increased resistance to fatigue and a greater capacity for sustained mental and physical effort. The nervous system shows more stability. Children seem to develop a better color, as well as an increase in the appetite and in the capacity for assimilating food."

There are three kinds of Karo — Blue Karo, Red Karo and Green Karo. These three products are compounds of which approximately eighty per cent. consists of glucose —hydrolized corn starch. A diet of white bread and Karo or pancakes and Karo will do none of the things claimed in this advertisement. In fact, scientific experiment has proven that these carbohydrate combinations will kill white mice, rabbits, guinea pigs, chickens, dogs, pigeons, etc.

The acidosis, beri-beri and peripheral neuritis experiments that have been conducted on human beings have proved in numerous instances that similar carbohydrate combinations terminate quickly in that vast and deadly assortment of nutritional disorders commonly classified as food deficiency diseases.

There are two possible motives behind all food advertising—the service motive and the profit motive. The least that food manufacturers can do is to balance service with profit. Certainly the miseducation of the masses in the exploitation of the human appetite for the purpose of making greater sales cannot be classified as service.

The weekly periodicals and monthly magazines are constantly crammed with extraordinary advertisements. Some of them proclaim the merits of certain foods, others reprobate the demerits of the same type of foods sold under a different label.

The contradictions thus presented to the public would seem to be justified only upon the assumption that the public is not sufficiently intelligent to note a breakfast-food paradox or to be disturbed by a glaring contradiction.

For instance—in a certain magazine advertisement the Quaker Oats Company asserts that the corn used in Quaker Best Cornmeal "contains none of the germ or outer coat of the grain which makes cornmeal ground from the whole corn coarse and rancid. We remove the outside coat and the germ, over forty per cent. of the corn. The result is that the yellow looks like grains of gold, the white like marble dust."

This is all the more extraordinary when we find in the same issue of the same publication, on another page, an advertisement of Quaker Puffed Wheat, which declares that "nothing but the whole kernels of wheat are used."

Why doesn't the Quaker (*Continued on page* 102)

When Is Advertising Honest? Shall We Make It So?

ATTENTION has frequently been called to the educational value of advertising. It is indeed a favorable theme with advertising men, for it helps to dignify their profession. And it works out in many cases.

"Have you had your iron to-day?—Eat more raisins." There is a really valuable bit of educational advertising, helping to build national health. The same may be said of the extensive advertising of Postum, Grape Nuts, Shredded Wheat, Wheatsworth Biscuit and other whole wheat products, grape fruit, Sunkist oranges, lemons, Dromedary dates, natural rice, and other honest, wholesome, blood building foods. But what about the advertising of questionable foods? Responsibility goes with power, and considering the influence of widespread advertising, what can one say of the responsibility both of the advertiser and of the advertising agency that handles the work, when the thing advertised is unworthy? Are not the conscience and the integrity of the advertising man involved? Is he not under a sacred obligation because of his power and influence, to consider the public welfare? The time has passed when the hideous old theory that "Business is business" could serve to justify any form of dishonesty, and the advertising man in particular is now facing this conflict between ruthless commercialism and honesty. He must choose, because the public is watching him, a public that is being educated with our help and with Mr. McCann's help, on these very points. Read this article and then ask all the advertising men you know to read it.—The Editor.

Ten Minutes a Day for Health

A Condensed System of Exercise that Stimulates Circulation, Strengthens the Muscles, Increases the Vigor of Heart, Lungs and All Other Vital Organs

By Bernarr Macfadden

IN order to do my part in celebrating National Physical Culture Week, I have planned, and am presenting here, a condensed system of exercises that will give the average person, in the shortest possible time, the physical activity which he needs. Ten minutes daily, given to these exercises, will aid man or woman in maintaining that degree of physical fitness essential to making life worth while.

That my friends may have an opportunity to closely inspect my own physical status, I have illustrated these exercises with my own photographs taken for this purpose.

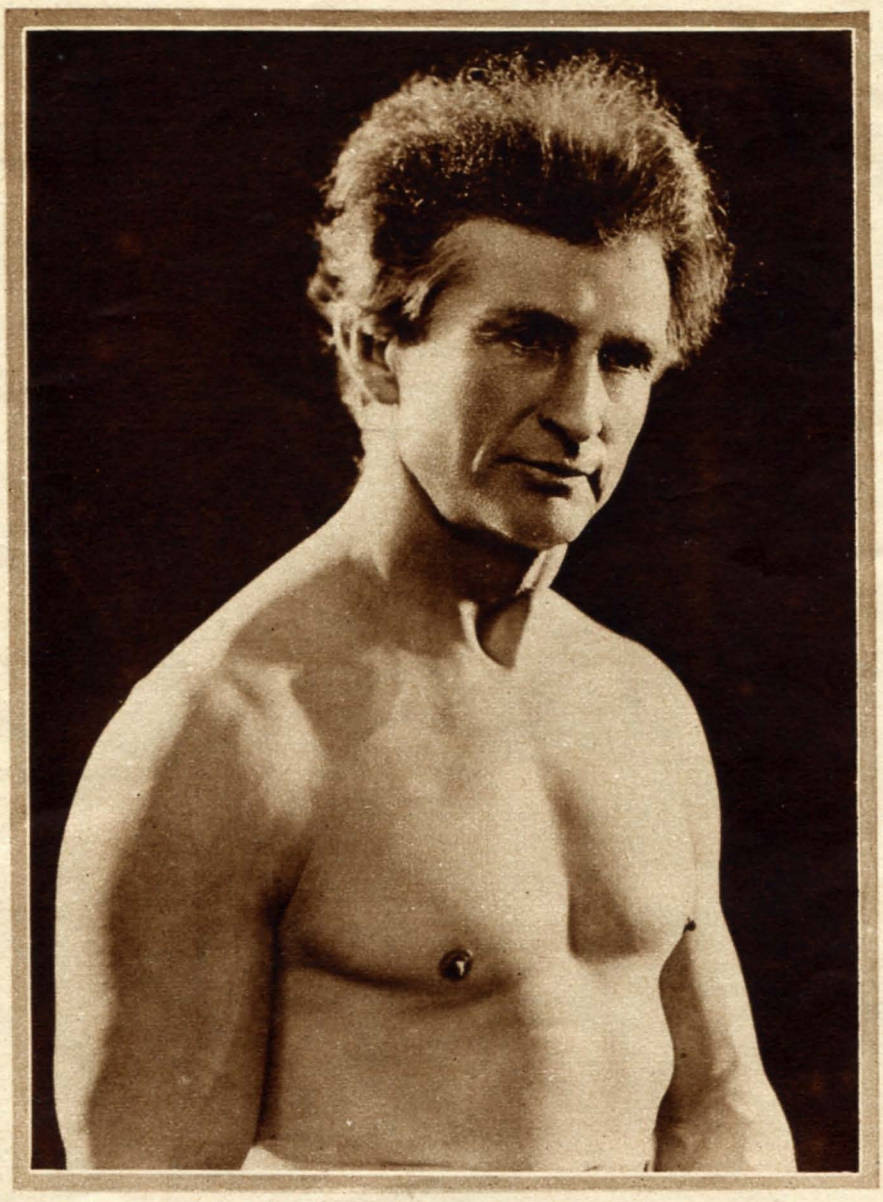
Nearly forty years have elapsed since I first became interested in physical culture. I was about fifteen years of age when my interest was aroused in building bodily vigor. As I am nearing my fifty-fourth year, the time will soon come when I can truly say that I have had forty years of physical culture.

My friends everywhere will probably agree that I owe an eternal debt to physical culture that can never be repaid. My physical status is unusually good for one past the half century mark.

Anyway, here are the photographs, taken just previous to the time this magazine went to press, and I believe it is the duty of every man—or woman—who wishes to make the most of life in any sphere of human endeavor to maintain a similar muscular and vital condition. I admit that I average more than ten minutes exercise daily, although I hardly think that the time given to exercise averages more than a half hour daily, not including the walking which I do.

As my readers have already been informed on numerous occasions, I am a great believer in walking. I try to walk from five to ten miles every day. I average probably six or eight miles, daily, or about two hundred miles monthly. I am firmly convinced of the necessity of this exercise in order to maintain the proper degree of physical fitness. The exercises I am presenting in this issue will use and strengthen nearly all the muscles of the body, and will help keep the body supple throughout its every part, and that represents the most important requirement in maintaining what we term ordinary health.

You must keep the spine from becoming stiff and set. It must be pliable and easily moved in every direction. This is essential, first of all, for the proper degree of vital vigor, and the exercises pre-



Bernarr Macfadden as he is today in his fifty-fourth year, after nearly forty years of physical culture.

sented here are especially valuable for this purpose.

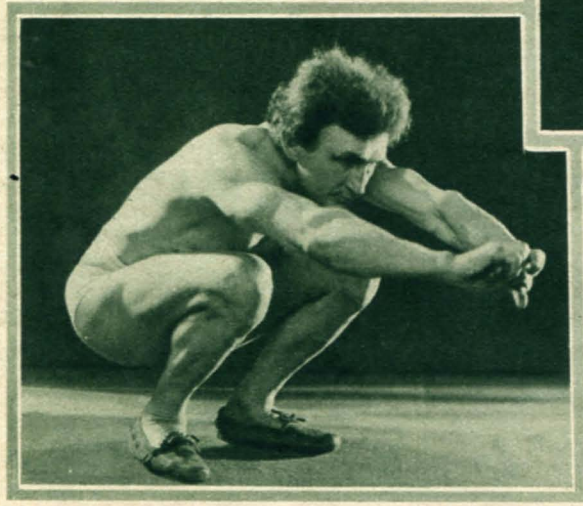
The deep knee-bending, you will note, is illustrated as being taken with your weight resting on your heels. This is especially important, first, to avoid possible heart strain, and then to give the spine the benefit of the stretching process which can be procured by allowing the head to fall downward and forward freely as you "squat" to the floor in this exercise.

There is no particular rule of breathing while taking the exercise, though it is desirable to breathe freely and fill the lungs to their greatest capacity at frequent intervals.

You will note that you can make a number of these exercises as vigorous as you like. Free movement calisthenics are sometimes not vigorous enough for a person of more than average strength. Furthermore, if one is desirous of actually securing strength and development from exercise, it should be made fairly vigorous. You will see much greater results from exercises that require the expenditure of considerable strength, than you will from free movement calisthenics.

Exercise 1 (above). Touch the floor with knees straight as indicated. (See next illustration.)

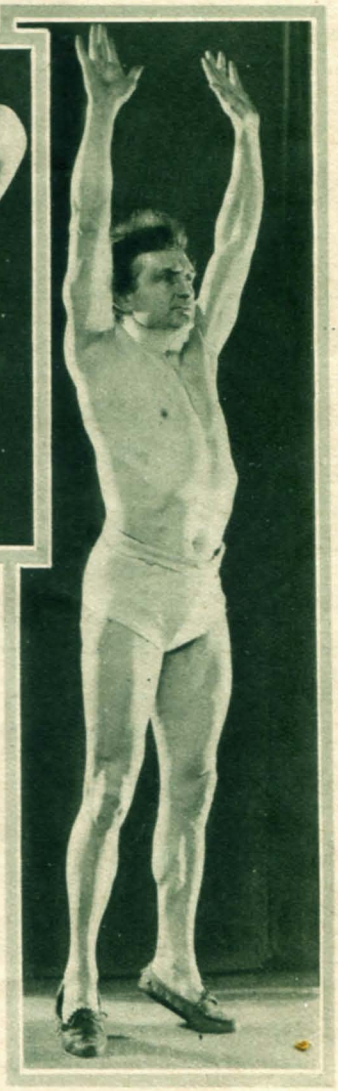
Exercise 1 cont'd (at left). Now raise arms high over head. Bend far over to the right as shown in illustration. Repeat five times. Take exercise five times bending far over left. Take the same exercise bending straight backwards. In this exercise, be sure to bend as far back as possible, as this vigorously uses the abdominal muscles.



Exercise 2 (above). Interlace fingers behind the head, pull forward against the head. Now turn the head far to the right and then far to the left. Repeat this ten times. Then bring the head straight backwards ten times. Be sure continuously to resist the movement by pulling forward while taking this exercise.

Exercise 3 (at right). Stretch arms high over head as far as possible, raising high on toes as shown in above illustration. When you have stretched your complete height, try to stretch still higher. (See photograph opposite.)

Exercise 3 cont'd (at left). Now quickly fall to the position shown. Relax the muscles of the neck, and allow the head to fall downward and forward. If you take this part of the movement properly, you will feel the spine stretching throughout its entire length. Repeat this exercise from ten to twenty times.



If one desires to secure speedy results in the way of strength and development, these exercises should be repeated until the muscles are fatigued.

In order to obtain the all-around vitality that brings energy and nervous force, these exercises should be taken vigorously. Take them with all the vim that you possess.

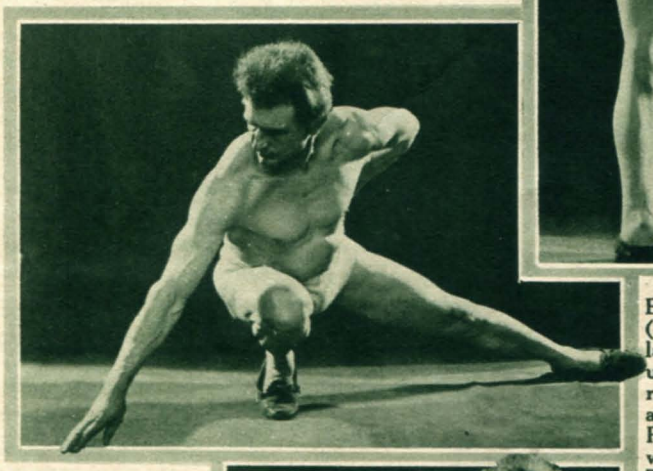
Put a certain amount of determination in your every effort. You are working for strength and health of a higher degree. Keep this thought in mind continually. It makes no difference what your business may be, you will find that additional poise and power will come to you as the result of diligent and regular

practice of these movements as instructed.

No matter what one may attempt, the more enthusiasm he can arouse in connection therewith, the more speedy and satisfactory will be the results. This applies with equal emphasis to exercises that one may take for added health and strength.

With these exercises I would also advise if time allows, that the skin be rubbed vigorously throughout its every part. It is a good plan to take this rubbing exercise on arising in the morning, though it may be taken at any convenient time. In a recent issue, editorial reference was made to the value of rubbing. In the June number of PHYSICAL CULTURE, I am presenting a series of photographs illustrating just how this rubbing can be performed most effectively. These illustrations present very clearly the method of rubbing the skin without the aid of anything but the open palm. A healthy skin is of great importance to the attainment of physical fitness and health supreme. With a capital of this sort, one is ready to fight the battle of life. He is armed for every emergency.

The exercises here presented if taken once or twice daily, if time permits, will work wonders for those in need of added physical power. If you are not in possession of vigor that brings "pep" and "snap," you will be amazed at its value to you every day of your life, if you give its influence a chance to convince you.



Exercise 8 (above). Now bend far over to the left, touching the floor as far out to the side as you can possibly reach. Assume first position. Then touch the floor as far out to the right as you can reach. Repeat this exercise five times on each side.

Exercise 6 (above). Interlace the fingers under right knee, raising the knee as high as possible. Repeat ten times with each leg. This is a good exercise for the biceps. If need be, steady yourself against a table.

Exercise 7 (At left). Stand with feet far apart and hands on hips as shown. (See photograph 8.)

Exercise 11 (below). This exercise might be termed still running. Assume the same position you would while running, bringing each leg up as shown in the illustration. Repeat this from fifty to one hundred times.

Exercise 9 (above). Interlace the fingers just above and behind both knees. Make a vigorous attempt to lift—lift as hard as you can. Relax and repeat from ten to twenty times.

Exercise 10 (above). This is a "boxing" exercise. Strike out hard with the right and left arms alternately. Repeat twenty to thirty times. You may add variety by jumping around while striking at an imaginary foe.

Making "National Physical Culture Week"

"To Build a Stronger Nation," May 1st to May 8th, Is Designated As a Time for Taking Stock of Our Human Resources and Their Improvement

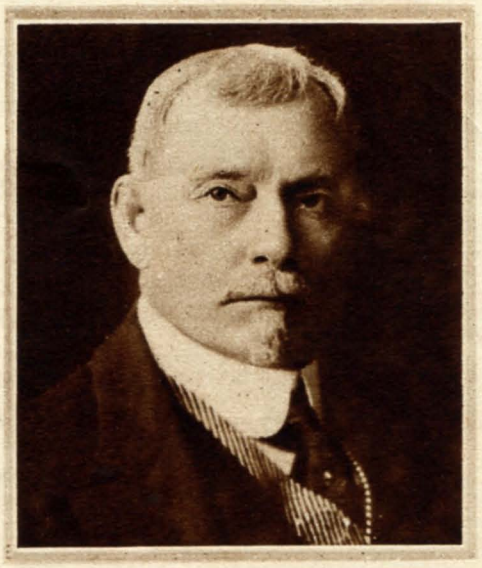
THE inspiration for National Physical Culture Week grew out of a remark by General Pershing concerning the value of athletics.

"Our experience in the World War," said General Pershing, "taught us that the general physical standing of the youth and men of the country was far below that upon which we, as one of the leading nations in athletic participations had prided ourselves."

This at once raised the question as to how the people of this nation can be waked up to our greatest national need. The latter-day fashion of drives of one kind or another suggested itself, and immediately followed the idea of a National Physical Culture Week.

Mr. William Muldoon, after a lifetime of endeavor in building men, seemed the most fitting person to head a Committee for taking in hand the promulgation of the big idea.

It is our privilege to present here a condensed symposium of opinion from those prominent in various lines of activity, all of whom are earnestly and equally interested in our national welfare.



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William Muldoon. *Chairman*

For Clean Living and High Ideals

Health and long life depend on ample and unfailing physical activity. When right thinking and right eating and right exercise are practiced by all our people America is certain of a worthy and glorious future. Clean living and high ideals are one and inseparable. I am glad to serve on your committee.

ROYAL S. COPELAND, M. D.,
Commissioner of Health, New York City.

"Check Up On Your Health," Says Secretary of Labor Davis

I lately went to Battle Creek for my regular annual physical inventory. My purpose was to check up on my health, to learn where I stand and what I must do to improve. The newspapers held this up as a good example. We take inventory of everything but the human machine. Why overlook that? they asked. We would enjoy longer years of happy usefulness if we all took account of stock physically. I recommend the practice to all those interested in their own welfare and in the welfare of the country.

JAMES J. DAVIS,
Secretary of Labor.

Senator Capper Tells Why We Need Physical Culture

Physical Culture Week should serve to direct our attention to the growing need for more attention to the national health.

Our national pride received a severe jolt with the publication of the draft statistics, showing more than 35 per cent. of the young men examined physically disqualified for full military service. On the heels of this announcement came the publication of the equally startling results of various surveys relating to the health conditions of school children. It was alleged that not more than 5 per cent. of the school children of the nation could be regarded as fully fit physically.

These revelations have roused a widespread interest and study of the problems of how best to set in motion the processes which will successfully combat this unsatisfactory condition.

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James J. Davis
Secretary of Labor

Royal S. Copeland
Health Commissioner, New York City

Photo by Melbourne Spurr, Los Angeles
Douglas Fairbanks

Copyright International Photo Service, New York City
Senator Arthur Capper

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GENERAL OF THE ARMIES
WASHINGTON

March 9, 1922.

Mr. Carl Easton Williams,
Editor, Physical Culture Magazine,
New York, N. Y.

My dear Mr. Williams:

In view of the important position which physical education has assumed in our national life, both from the standpoint of economic productivity and of national preparedness, I feel it to be the duty of all patriotic citizens to assist in every way the movement which you have started to build up the physical well-being of every individual in this country.

Yours very sincerely,

John J. Pershing

Copyright International Photo Service, New York City

I believe strongly in physical culture. Health is a natural by-product of physical education. There is no denying the importance of physical education in the promotion of mental efficiency and sound moral qualities. We have passed the day when we regard time and money as wasted when spent in guidance of the play of children, and of grown-ups for that matter. We have learned to realize that by promoting happiness and the joyful optimistic outlook upon life, we are also promoting productive efficiency. After all, the condition of the spirit determines in large measure the effectiveness with which we work. Without strong and efficient bodies, mental training is of little value.

ARTHUR CAPPER,
U. S. Senator for Kansas.

"Come Down Off Your High Horse. Learn to Play," Says Doug.

The keynote of Physical Culture Week should be "Lose your dignity! Learn how to play!"

Dignity is the curse of our civilization. The trouble with nearly everybody is lack of play and of the play spirit which prompts spontaneous activity and that mental relaxation and relief from tension that will build health.

My system of physical culture is spontaneous play. I play at work; and I play at home. I never walk through the gate when I can jump over the fence. I never walk up and down the steps when I can do it with a jump.

There is nothing in this dignity stuff. Besides, dignity is not something that you can put on just like that. Real dignity comes from within, from sincerity, from good breeding, from being honest, genuine, frank; from being real.

Come down off your high horse! Be a boy or a girl. Learn how to play, how to be spontaneous and how to be yourself, and you will have the secret of physical culture, as I see it.

DOUGLAS FAIRBANKS.

For Flabby, Spineless Manhood

The whole world is committing assault and battery on itself through slovenly indifference to sweetness of mind, soul and body. Our (*Continued on page* 74)

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Senator Frank B. Willis.

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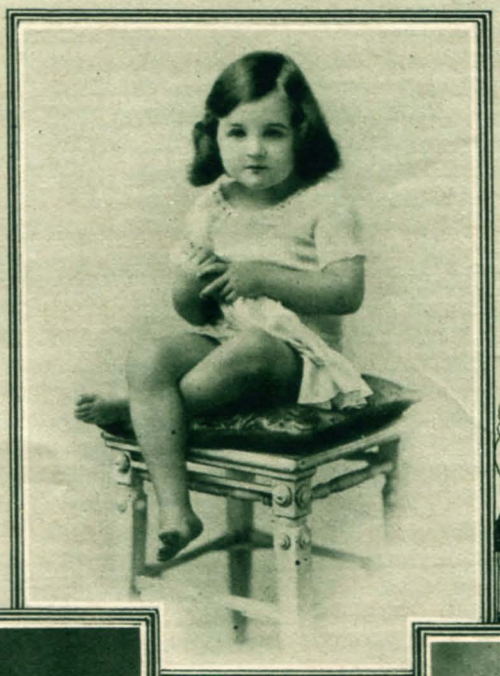
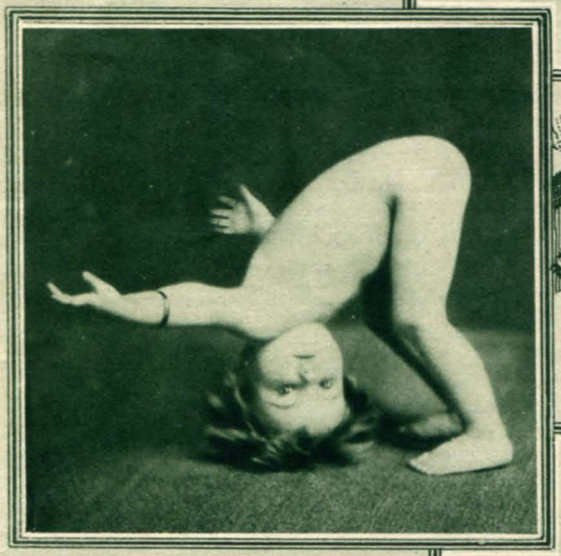
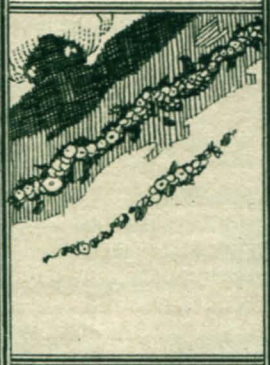
Senator Morris Sheppard.

The Sweetest Thing Alive



Is she Britain's bonniest baby? Dorothy Dix, of Eltham, London, S. E. 9, England.





Merle Frank, of Casper, Wyoming. You can see she's a physical culturist.

And here's Joan Gregg, of Blackpool, England, another of the bonniest.

©Fisher, New Orleans

Dorothy Catherine Boylan, the baby Venus of New Orleans, La.

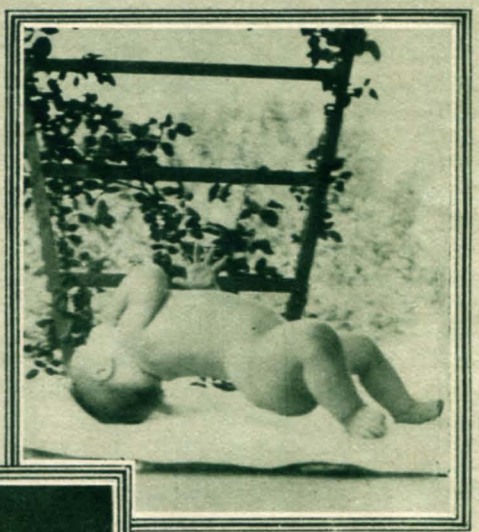
A Page of Athletes

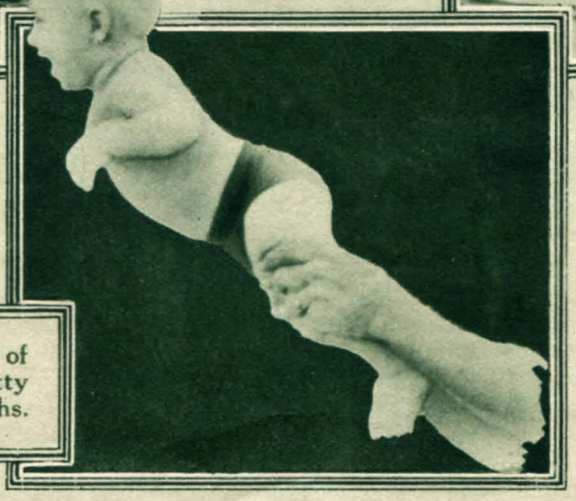
William F. Beuscher, of West New York, N. J., having a circus all by himself.

Maurice Lindsay, Sutherland, Neb., performing at three months.

Meet Evan Tuxen, Dowling Park, Tex. He doesn't chin himself yet—but wait!

And here's one at two months. Baby Cecelia Money.





John Marvin Fletcher, of El Centro, Calif. Pretty strenuous for eight months.

Here's "Wrestling Joe" Orland Earl, Lewiston, Idaho, doing a turn-over.

Let's Clean Up Wrestling

How Long Will the Public Stand for Crooked Sport?

By Thomas Bigger

Chairman Michigan Athletic Board of Control

I HAVE become so disgusted with the methods used by managers of wrestlers, promoters of wrestling and the wrestlers themselves, that I have decided that until the situation is cleared up and in different hands, no wrestling matches will be approved in this State.

Shortly after the law creating the Michigan Athletic Board of Control went into effect, I happened to meet Jimmie Bronson, Manager of Bob Martin, the Expeditionary Champion heavyweight boxer. During our visit, athletic sports were discussed at some length, and I asked Bronson what he thought of professional wrestling.

He told me at that time that he formerly operated an Athletic Club in Joplin, Missouri, and decided to feature wrestling. After staging one or two matches, a prominent manager of wrestlers called upon him and informed him that it would be useless for him to try and promote wrestling shows without doing business with the contestants through his office, as he held contracts with all the prominent wrestlers in the country.

Bronson informed him that he would conduct his own business, and did for a year or two, staging some very good shows; and I remember at that time he said he refereed all the matches and thought they were on the square.

Sometime thereafter the aforesaid manager of wrestlers called again and convinced Mr. Bronson that with one or two exceptions he had controlled both contestants in all previous shows and knew what the result of each match was to be before it took place. This so disgusted Mr. Bronson that from that time to the present he has had nothing to do with the wrestling game in any way.

Soon after I was appointed as chairman of the Michigan Athletic Board of Control, one of the promoters in Michigan advertised a wrestling contest, and reports came in from some of the residents of the city in which the match was to be held that it looked like a "frame-up." We had a referee in Detroit, Mr. Willifred Barrett, who was at one time a very scientific and successful wrestler, whom I wired to come and referee the match. As I remember, the event went the limit as prescribed by the law—two hours. The affair looked to be on the level, the crowd was well pleased, and the referee was apparently convinced that both men were honestly endeavoring to win.

Thomas Bigger, chairman of the Michigan Athletic Board of Control, Lansing, Michigan, who stands for clean sport, and who is determined that wrestling in the State of Michigan, at least, must and shall be strictly on the level. His position in this matter should serve as an object-lesson to athletic commissions in all of the United States.

A short time thereafter, I chanced to be in Chicago, and, in company with Mr. Edward W. Smith, the celebrated sport writer and referee, attended a wrestling match in which one of the participants of the event of which I have just spoken was wrestling some champion from one of the Western states. The other opponent appeared in the preliminary. I told Mr. Smith that I had seen this man wrestle, and mentioned the name of his opponent. Mr. Smith asked me what the result of the match was, and when told it was a draw, going the limit, he quickly informed me that the man appearing at the Chicago Show could (*Continued on page* 149)

Old Dr. Cow—Specializing in Chronic Cases

By Edwin F. Bowers, M. D.

IT'S largely diet, and what the diet does, that makes the difference between disease and health. When the particular kind of diet responsible for the development of certain conditions is corrected, the condition brought about by the diet is automatically corrected—provided too much damage has not been done to important or vital organs.

If there is sufficient functioning tissue left for the body to carry on the processes necessary to life, the removal of the causes of the various toxic influences producing disease will be overcome. If there is not sufficient functioning tissue left, the case is hopeless.

One of the surest of all means of correcting the diet is to get back to first principles, by selecting for the diet of the sick adult the food that develops healthy babies.

This, on the principle that no sick person can properly be considered a full-functioning adult. And the sooner he realizes this and acts accordingly, the more likely and the more rapid his recovery will be.

Now, experience has demonstrated, beyond any shadow of reasonable doubt, that milk from healthy cows is a food that not only supplies every element required for perfect nutrition, but that it also acts almost as a medicine might be supposed to act in similar conditions.

In practically every form of chronic disease, milk has given results that have proved little short of astonishing.

In acute diseases it is not so indispensable—partly because of the fact that a patient suffering from acute disease is often better off without food of any kind.

In the two cases introduced here, there could be no doubt of the disordered state of the system; no question as to any purely imaginary nature of the troubles could arise.

Nobody *imagines* acute indigestion, sciatica, neuritis, gastric ulcer, prolapse of the stomach and bowels, or intestinal catarrh.

This does not mean to imply that an exhausted state of the nervous system might not be a factor in bringing about disorders resulting in a well defined pathology.

But it does mean that when these conditions have been brought about, the mere influence of the mind alone is not sufficient to overcome these gravely disordered states with their distinctly physical characteristics.

"Taking thought" helps; an optomistic state of the mind, with constant mental suggestion is beneficial; but they don't put tone into the trans-abdominal muscles and lift up a prolapsed stomach and bowels as does the proper kind of exercise. Nor do they overcome the development of toxic conditions in the bowels, and the absorption into the circulation of their poisonous products, as does the elimination of the cause of putrefactive fermentation—by substituting milk for foods that tend rapidly towards decay and putrefaction.

What the results of proper exercise, fresh air, and an exclusive milk and fruit diet may be in certain definite pathological states I will leave the reader to judge, after reading the accounts of three very interesting patients, whose histories I secured, and whose case records I had an excellent opportunity to study during a recent visit to a Middle-West sanitarium for the treatment of disorders that most sanitariums find incurable.

We'll let the patients tell their story in their own words, usually the preferable presentation.

Natural Foods—Milk and Fruit

DID you ever stop to think that many of the things regarded as food are foods only incidentally? They were not intended by nature for food, any more than we were, although we ourselves make excellent food for cannibals and tigers. Milk and honey were intended by nature as foods. At all events, milk is the one perfect and complete food, and if babies can double their weight on an exclusive diet of this kind in four or five months, it follows that such a food must hold something of value for the starved adult. Human experience proves it. A diet of milk and fruit works wonders in many cases when everything else has failed. In this story are presented typical cases of chronic distress. If you are looking for something that is better than medicine, you will probably find it here.—The Editor.

Reaching Physical Perfection on a Milk Diet

By Rev. Bishara
201 Clinton St., Brooklyn, N. Y.

I had chronic intestinal indigestion, sciatica and neuritis. My trouble started with nerve exhaustion, brought on by overwork.

For I was pastor of three churches—doing active pastoral work for all three—while at the same time I was goading myself to complete two books on which I had been working.

I developed distress and fermentation, which occurred several hours after I had eaten, finally resulting in an acute auto-intoxication, with indicanuria, and all the depressing symptoms that come from the absorption of toxic substances into the blood.

In 1917 a condition of intense pain in the small of the back was brought on by stooping, which radiated down over the thigh. I thought at first that this was lumbago, but the specialist (*Continued on page* 163)

My Sacred Right to Get Drunk

By A. F. Harlow

ONE of the oldest, one of the commonest, one of the most tawdry arguments of the complainants against Prohibition is that it is a violation of our Personal Liberty. They have talked it until a lot of our otherwise well-meaning but thinkless citizens have begun really to believe that we are being trampled upon and our constitutional and moral rights snatched right out of our hands. Merely touch a wet citizen on the funny-bone, and he will begin to babble, "Personal Liberty!" Anti-Prohibition orators fairly break down and cry over the speed with which fetters are being riveted on our quivering limbs. Cartoons are drawn, showing the Statue of Liberty covered with cobwebs. One of our great editors is worried almost to death because, as he says, the country is being Prussianized. The preachers of the country are pictured as cracking the lash over the rest of us, and herding us into involuntary and hideous servitude. Just how a minority of meek, underpaid preachers, with not a vestige of political influence, could bring about such a reform as Prohibition it is hard to figure out, unless, perchance, it may be that they have great masses of the people behind them.

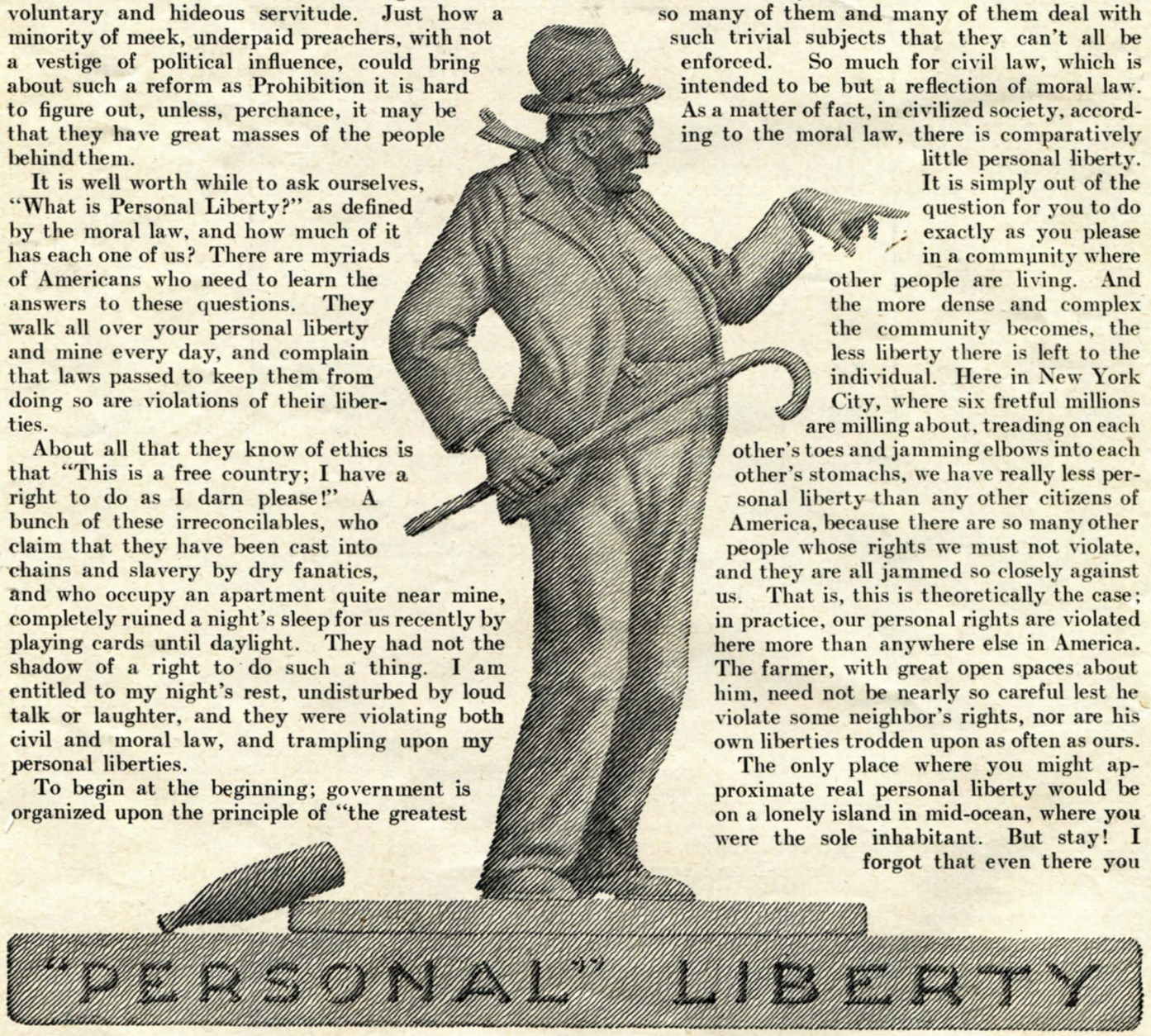
It is well worth while to ask ourselves, "What is Personal Liberty?" as defined by the moral law, and how much of it has each one of us? There are myriads of Americans who need to learn the answers to these questions. They walk all over your personal liberty and mine every day, and complain that laws passed to keep them from doing so are violations of their liberties.

About all that they know of ethics is that "This is a free country; I have a right to do as I darn please!" A bunch of these irreconcilables, who claim that they have been cast into chains and slavery by dry fanatics, and who occupy an apartment quite near mine, completely ruined a night's sleep for us recently by playing cards until daylight. They had not the shadow of a right to do such a thing. I am entitled to my night's rest, undisturbed by loud talk or laughter, and they were violating both civil and moral law, and trampling upon my personal liberties.

To begin at the beginning; government is organized upon the principle of "the greatest good for the greatest number of people;" which means that certain acts which might be of great benefit or give great pleasure to a single individual cannot be permitted because they interfere with the comfort, prosperity or happiness of a dozen or a hundred or a million other citizens. It means that you and I and President Harding and John D. Rockefeller and Babe Ruth and Bill Hart and all the rest of the bunch must make some sacrifices, must refrain from doing things which we perhaps want very much to do or which would benefit us prodigiously, simply because such acts would interfere with the well-being of some of our fellows.

All laws framed by our legislators are theoretically based upon this principle. A few of them—and it is remarkable how few—prove to have been mistaken in their striving towards that end; but really, the worst that we can say about our laws is that there are so many of them and many of them deal with such trivial subjects that they can't all be enforced. So much for civil law, which is intended to be but a reflection of moral law. As a matter of fact, in civilized society, according to the moral law, there is comparatively little personal liberty. It is simply out of the question for you to do exactly as you please in a community where other people are living. And the more dense and complex the community becomes, the less liberty there is left to the individual. Here in New York City, where six fretful millions are milling about, treading on each other's toes and jamming elbows into each other's stomachs, we have really less personal liberty than any other citizens of America, because there are so many other people whose rights we must not violate, and they are all jammed so closely against us. That is, this is theoretically the case; in practice, our personal rights are violated here more than anywhere else in America. The farmer, with great open spaces about him, need not be nearly so careful lest he violate some neighbor's rights, nor are his own liberties trodden upon as often as ours.

The only place where you might approximate real personal liberty would be on a lonely island in mid-ocean, where you were the sole inhabitant. But stay! I forgot that even there you



—A Study in Personal Liberty

DECORATION BY HUBBELL REED McBRIDE

would not be entirely free from restraint, for even there you would owe certain obligations of conduct to yourself and to your God. And if only one other person were set down on that island with you, your personal liberty would be frightfully circumscribed; for your orbit and his would necessarily and inevitably touch or bisect each other, and you would have to regulate your life so that nothing you did would interfere with his comfort or happiness or general welfare. For example, if you had succeeded in bringing a bottle of whiskey with you, you would be assuming a great moral risk if you retained it, for he might get drunk on it and thereby harm himself; or, if he were proof against such temptation, you might get drunk on it and maim him; or even if you are perfectly harmless when drunk you would be pretty sure either to set him a bad example or to make a disgusting spectacle of yourself, and you have no right to inflict either upon him. I am not talking persiflage now, but sound ethics.

Look you then; if a bottle of hooch is such a dangerous thing on a solitary island, how much more dangerous does it become in a crowded, nervous, hurrying, highly-organized society, with all sorts of complications, such as families and friends and neighbors and schools and churches and businesses and organizations fraternal or patriotic, and a thousand other kinks!

Why, the manufacturers and vendors of liquor have been violating other people's personal liberties for centuries! They have been among the greatest criminals against society that ever went unhung. They have filled jails, poorhouses, madhouses and cemeteries with millions, nay billions of victims; they have furnished the criminal and divorce courts with the overwhelming majority of their cases, and they have prevented the human race from becoming a much more hardy and stalwart race than it is today.

"But," they argued, "we didn't make people drink. They exercised their inalienable right to drink or let it alone, and many of them chose to drink." Flimsiest of imitation logic! You hadn't the right to set it before them, and those who drank hadn't the least vestige of "inalienable right" to drink, because they were thereby violating the rights of their families, their neighbors and the community at large.

They had no right to spend money on booze that should have been spent on their families, their businesses and other worthy objects. They had no right to drive their wives and children into poverty and disgrace, as many of them did. They had no right to shame their families and their friends by their conduct. They had no right to disturb their neighbors' rest by their riotous conduct, nor offend them by disgusting exhibitions, nor brawl and disturb the peace of the community. And to go a little farther, they had no right to use their money in maintaining such a festering sore upon the body of the community as a saloon, thereby increasing their neighbors' cost of living; for it is one of the peculiar but inexorable laws of economics that although you, a taxpayer, may never enter the doors of a saloon nor buy one cent's worth of goods from it, the fact that thousands of dollars of the community's money goes into it every year, and that it produces in return nothing of use or value (as does the legitimate store or factory), inevitably makes your cost of living higher.

I have a right to demand that I may be free to walk down the street with my wife without being insulted by the sight of a drooling drunkard, or by hearing his profanity and obscenity, or by having him lurch against one or both of us and blow his filthy breath into our faces.

I have a right to demand that I be protected from the danger of a drunken man at large with a deadly weapon. I have a right to demand that there be no possibility of my brother or my son's ever being tempted by the open doors of a saloon or the glass of liquor proffered by a "friend." I have a right to demand that my wife, my sister and my daughter be made absolutely safe from the insults and violence of drunken men.

And you, moderate tipplers, who can justly claim that you are guilty of none of these misdemeanors because you take only a glass now and then and are never drunk, you are as reprehensible as the others; for you are in the majority among drinkers, most of you are men of more influence than the hard drinkers, and it is through your patronage, your approval of bootlegging and your grumbling against and defiance of the laws of the land that the illicit liquor traffic can still be carried on. You are violating the moral law, and infringing upon my personal liberties.

"But," argue certain (*Continued on page* 155)

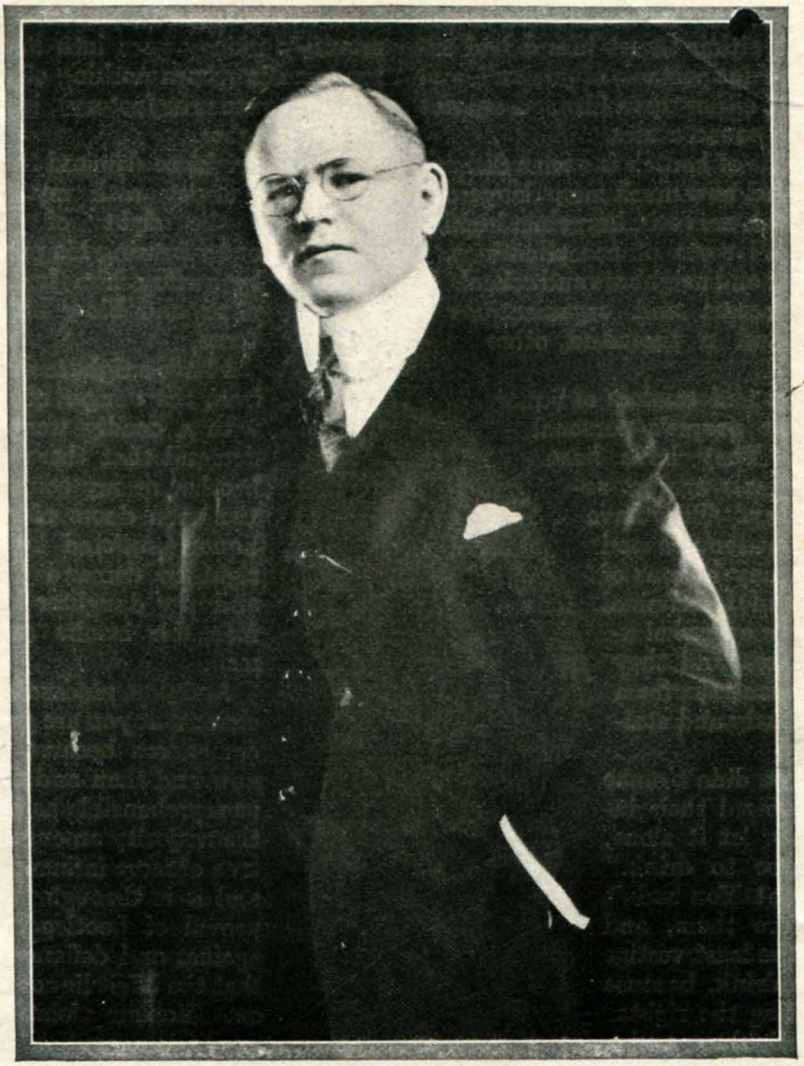
How "Kid" Wedge Knocked Out T. B.

The Second Prize-Winning Story in Physical Culture's Recent Thousand Dollar Contest on "My Greatest Problem —and How I Solved It."

By Fred R. Wedge

NEWSPAPERS have published the story of the comeback of an ex-prizefighter who was physically and financially bankrupted through tuberculosis, yet managed to support a wife and boy during his illness, graduate from the University of Arizona at the age of forty and attain the Principalship of Benson Union High School. There are certain details in that comeback, known only to that individual, which have never been published, and which I am going to tell in this letter of "My Greatest Problem and How I Solved It."

The order had gone out from the medical department of Camp Grant that every soldier and every military attaché would be compelled to take three shots of typhoid vaccine. At that time I was a strong, rugged athlete, teaching the soldiers how to box. The first shot of typhoid vaccine sent me to bed with a fever that afternoon, but the next morning I felt better and was able to conduct a class in boxing. The following week, according to orders, I took the second shot, and this time I remained in bed with a fever for three days. I was told, however, that I must take a third shot, and four days after I had partially recovered from the second experience, I was vaccinated the third and last time, which treatment was supposed to make me immune to typhoid fever. From that day until I was taken to the Base Hospital one month later, my strength gradually left me, and the mystery was not cleared until an X-ray photo and a sputum test revealed tubercular activity.



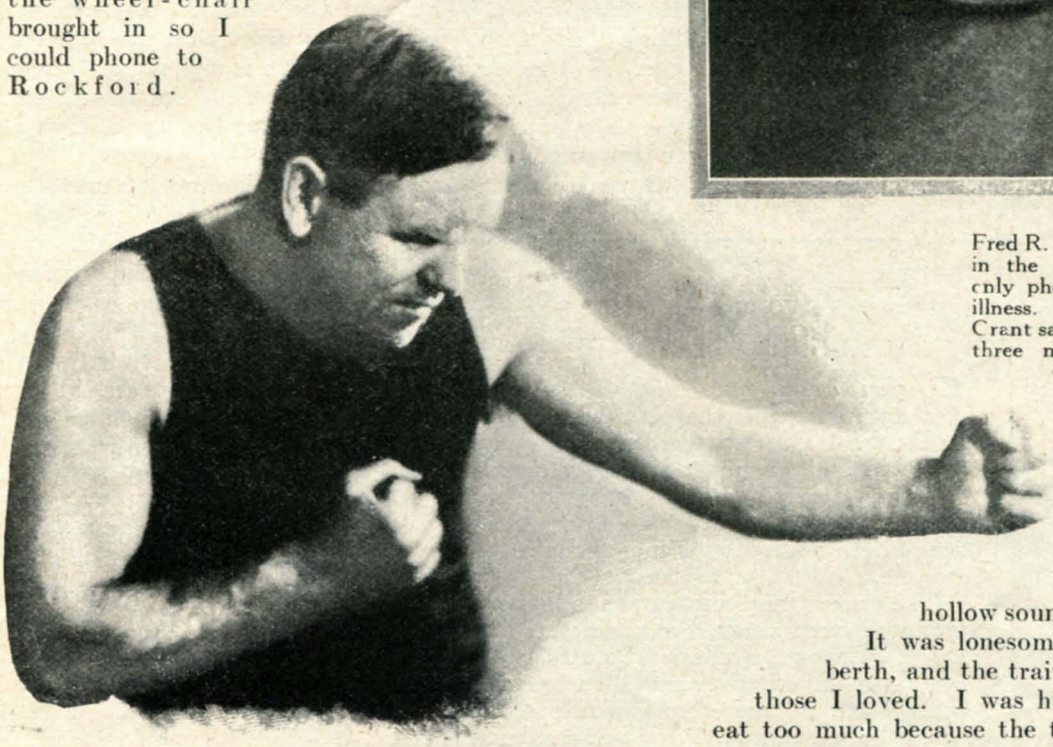
This is Fred R. Wedge at forty-two years of age, full of fight, fire and fervor. In early life he was a prominent pugilist known as "Kid" Wedge, but at thirty-eight, as a tuberculosis victim, he had virtually two feet in the grave. He crawled out through sheer fighting spirit, and with the aid of physical culture so rehabilitated himself that within ten months' time he fought ten rounds of a gruelling boxing match at El Paso, for the welterweight championship of the Southwest. Also he has fought for an education, for some years has been principal of the Benson Union High School at Benson, Arizona, and this winter was admitted to the Harvard University Graduate School of Education, in pursuit of a post-graduate degree of Ph.D.

I had volunteered as a regular soldier but was turned down because my teeth had nearly all been knocked out in the prize ring. I explained to the examiner that I didn't want to bite the Germans, I was only anxious to get in the big fight to shoot a few Huns. They gave me a job teaching boxing and I would have held that position till the end of the war, had not that order for typhoid vaccination been the direct cause of sending me to the hospital with tuberculosis. Thousands of soldiers who would have done excellent service "Over There," lost their lives in training camps because of the so-called scientific experiments. The soldiers were

told that this vaccination always prevents typhoid fever and that "nothing else does."

Being only a military attaché, I was not entitled to help from the government during my illness. When my wife and boy came out to the hospital, they were told by the Army physicians that I would last probably three months. With tubercular fever, night sweats, severe coughing and hemorrhages, I had lost thirty pounds in thirty days. In the old days they would have called it "galloping consumption." It's hard to smile when you have visions of your wife and boy out in the world battling alone, after you have been told by these so-called experts that you will have to say good-bye in three months. I wanted so much to live for my loved ones. I tried to imitate the little boy whistling as he passed the graveyard. I told my wife and boy that I was going to live, and not to worry. (No harm to lie when you are trying to make others feel good.)

A feeling of rebellion against the doctors seemed to give me strength. I called the nurse in and informed her that I wanted the wheel-chair brought in so I could phone to Rockford.



Fred R. Wedge as boxing instructor in the United States Army, the only photograph taken during his illness. Army physicians at Camp Grant said that he would die within three months. He lost thirty pounds in sixty days. The photo at the left shows Mr. Wedge in his present physical condition, as vigorous and full of stamina as ever in his life.

My wife and the nurse lifted me off the hospital cot and wheeled me to the phone. I called up the depot and asked when the next train would leave for El Paso. The ticket agent informed me that the first train left in three hours. I asked for a reservation in the pullman, and at six o'clock that evening I was on the road to the great Southwest to battle for my life. May I add that I had given my wife and boy all but the price of my ticket and ten dollars. They thought I had more money; here again I lied, because I realized their great need, and resolved to fight the battle out on ten dollars, or die in the attempt.

For three nights and two days I literally coughed my way to El Paso. Sometimes I could hear men cussing "that damn lunger," when they were disturbed and could not sleep. I didn't blame them for cussing me, for it's hard for a healthy man to endure the continual hollow sounding cough of a tubercular.

It was lonesome too, there in that upper berth, and the train fast taking me way from those I loved. I was hungry but I was afraid to eat too much because the ten dollars must last till I could find work.

When I arrived at El Paso, a kind man who had a son in the South with tuberculosis, helped to carry me to a taxicab and I asked to be taken to the Y. M. C. A. The secretary informed me that tubercular people were not allowed to rent rooms in the "Y" dormitory. I could see that they must protect the healthy and did not blame them for refusing me. I was then taken to three other rooming places before I could find a place where they would take a lunger. The place I eventually found was a cheap rooming-house with three dollar a week rooms, where the police made raids every week to look for the crooks and prostitutes that frequented these cheap lodgings. After paying for my room in advance, for there is no trust among the down and-outers of the under-world, I had two dollars and fifteen cents left. Fortunately the high altitude did not affect my heart; most tubercular people have weak hearts and the high altitude does more (*Continued on page* 86)

Fighting Mad

The Story of a Warped Soul

By Tod Robbins

ILLUSTRATIONS BY ANGELO STUDIOS

CHAPTER XXII

AFTER Mrs. Watson left us, Eleanor plunged into her household duties with vim. For a whole week, she bustled around the house—putting articles of my wearing apparel into places where I never had the slightest chance of finding them. Under these conditions, life took on the seriousness of a child's game.

At the end of the week, she came to me and put her arms around my neck. I had just had a wild hunt for a scarf-pin, and was almost winded. Alas, unlike a sly but harmless collar-button, it had turned at bay when I sank down on its resting place—the easy-chair—and had scratched me savagely. So it was with a feeling of gladness that I listened to my wife's tidings. Incidents like this were becoming too frequent.

"Dear," she said, "I'm afraid I'm not cut out for the drudgery of housework. I think after this, if you don't mind, I'll let Mrs. Thompson look after these rooms."

"Yes, Eleanor, by all means let Mrs. Thompson look after these rooms."

"But you're sure you wouldn't mind, Fred?"

"Certainly not, my dear. Why should I? Of course it might eliminate some of the excitement of our present life—daggers in the dark and that kind of thing—but still it would have its compensations. I might even live to ripe old age."

"Now you're making fun of me! How can you be so cruel!" Tears stood in her large blue eyes.

"No," I said gently, "I'm not making fun of you—of your housekeeping, that's all. You said yourself that you weren't cut out for it."

"That's true," she replied, wiping her eyes. "I want to help you with your charity, Fred. Will you let me?"

"Yes, of course. I always intended that you should if you really wanted to."

The next day she took up the work, which she had once said she would devote her life to. For a whole week, she was a ministering angel to all the worthless drunken women who had a flattering word to say to her.

On the seventh day, she came to me in tears. One of her protégés, who had always been so polite, had said some perfectly horrible things behind her back. She had heard her, as she had gone upstairs to give the old woman candy. The ungrateful creature! And it was Huyler's, too! What were the things? Oh, terrible things! That she painted her face, that she put on airs. No, she would never help them any more. They were all the same. The more you did for them, the less they appreciated it. What was the use of trying to help such people?

I tried to tell her that perhaps she had made a mistake in picking her protégés, but it was of no avail.

"You're wasting your time, Fred," she told me. "They're ungrateful—every one of them. They try to get what they can out of you, and then laugh behind your back. I know them better than you do."

That was the end of Eleanor's charitable work. From that day on, she had absolutely no sympathy for my ambition. In fact she did everything in her power to influence me against it.

CHAPTER XXIII

Two weeks after my visit to the Fraternity House, Hartley came to see me. Eleanor, as soon as the visitor was announced, hurried upstairs to make a few additional touches to her toilet. I received Billy alone.

He looked far from well. The pallor of his face was accentuated by a two days' growth of beard. From his general appearance, I knew that he must have been on one of his sprees. While on a drinking bout, he ignored

Physical Culture's $3,000 Prize Novel

IF you have not read the preceding chapters of this, the prize-winning story in PHYSICAL CULTURE'S recent novel contest, you will find the most intensely dramatic incidents developing in the story beginning with this installment, since our hero is now safely married and therefore ready for trouble.

The preceding installments have introduced our friends, the characters of the story. "Deacon" Frederick Colgate, twenty-one, has inherited wealth consisting of real estate in the slums of New York. There he meets, among his tenants, beautiful but irresponsible Eleanor Watson, with whom he falls in love, and her crippled mother. In a fight with his college chum, Bruce Smythe, Colgate has been knocked senseless in front of the fireplace in his room, his arm being burnt in the hot coals so as to leave a disfiguring and identifying scar. Naturally, our hero idolizes the girl, since she is very beautiful, and ultimately marries her. Returning from their honeymoon and settled in a beautiful home in a handsome residential section, it is not long before Eleanor chooses to have her crippled mother sent away to live in the country in a remote section of Long Island, so that the young couple may settle down to enjoy the comforts and blessings of married life undisturbed. So now let us go on with the story and see what happens.

the smaller conventionalities of life, shaving or putting on a clean collar.

"Hello, 'Deacon'," he said abruptly. "I've got some *fine* news for you."

"Hang up your hat and coat, Billy."

Hartley obediently hung up his coat with twitching fingers, but his hat rolled off the rack to the floor. He cursed it in a loud whisper and picked it up. Once more he essayed to hang it on the hook; but, as though it were determined not to be executed without a struggle, it fell off again and rolled several feet away. Billy was transformed into a savage on the instant. He pursued it, and, trapping it in a corner, kicked it brutally. His toe went right through its black hide; and he lifted it triumphantly in the air. He hopped about on one foot, cursing gently.

"Ah," he muttered, "I've fixed you!"

"Yes," I assented, "you have. Money must grow on trees for you."

The light of vindictive triumph died out of his eyes. He looked rather shamefacedly at the hat which hung from his toe—a mere wreck of its former splendor. "Yes, I acknowledge that it has a foolish look." He broke off, and stared over my shoulder. "Good God!" he finished, "Who's that?"

I seized her by the wrist and pushed her back into her chair.

I wheeled about and saw Eleanor slowly descending the stairway. At Billy's words, she stopped short and looked down at us with amusement.

Hartley stood staring at her like a fantastic statue—one foot, with his damaged headgear still upon it, pointing gracefully at the ceiling; the other tapping the floor, as he hopped backward and forward to keep his balance. I came to his assistance.

"Mr. Hartley," I said very sternly, "this is my wife. Allow me to remark that when a gentleman meets a lady, it is customary for that gentleman to remove his hat."

Billy fell into the trap with all the innocence of a little child. He felt the top of his head, evidently expecting to find his hat there; and then looked about him with a surprised, guilty expression. Finally, when he had located it, he turned crimson. Jerking it off his toe, he threw it under the rack.

I could no longer restrain my laughter. Soon I heard Eleanor joining in with a nervous, suppressed titter,

and finally Hartley swelled the chorus good-naturedly.

Billy never did anything by halves. When he laughed, people for whole blocks away knew all about it. Now he went into a very paroxysm of mirth. He danced around in a circle, hugging himself. Tears ran down his face; and one hung like a large pearl on the end of his nose.

At last our laughter died away; we looked at each other foolishly. Eleanor descended the stairs and Hartley shook her hand. We walked into the library.

"Didn't I see you somewhere before?" Billy asked. "I'm sure I did."

"Perhaps," she answered. "I've got a very poor memory for faces."

Suddenly Billy's eyes lit up. "I remember!" he cried. "I was in a trolley-car, and—"

"Yes?" Eleanor broke in. "Quite possible. I often used to ride in trolley-cars."

"I hope you didn't try to flirt with her, Billy."

"Oh no, 'Deacon'," said Hartley, turning very red. "It wasn't I. It was—"

"Yes?" said Eleanor, trying to help him out. "It was what, Mr. Hartley?"

"I mean there was no use doing it," he finished, stammering painfully.

"No, I never was a flirt. Fred knows that."

"But, Billy," I said, "tell me the news. What is it?"

Hartley regained some of his composure. Before this, I had never noticed how diffident he was. To-night he was as bashful as any schoolgirl.

"It's about Smythe," said he. "Have you heard?"

"No. What is it?"

"He's left college," Billy said. "But that isn't the worst of it. He's gone down to Mexico."

"To Mexico? Why, there's a revolution going on there!"

"I know. He's gone down to join it. A pretty mess, isn't it? They'll stick him up against a wall and shoot him like a dog!"

"Oh, why did he go?" cried Eleanor. "Fred has told me so much about him, that I feel I know him."

"Yes, why did he go?" I broke in. "Was it that girl?"

"I suppose so," Billy said gloomily, with his eyes on the floor. "Here's the letter he wrote me."

Fumbling in his pocket, he drew out a crumpled piece of paper and handed it to me. I smoothed it out on my knee and held it under the light.

> "Dear Billy:—
>
> I am leaving to-night for Mexico. I can't stand the city any longer; and indeed everything has palled on me lately. I was built for excitement, and there's lots of excitement in Mexico. I haven't even decided which side I shall take, but I think I will join the revolutionists. I like the name revolution—it means novelty and attack. The government is staid and established, therefore can only resist. Besides, the revolutionists are likely to be the weaker party, and that always means more excitement. I crave excitement. It makes a man forget; and I must forget many things. If I reach complete oblivion, with my back up against the wall, then drink a glass to me, Billy, with a few of the boys. It will make me feel good, wherever I am. Give my best to the 'Deacon'; and tell him—well, tell him I thought a lot of him and let it go at that.
>
> Fraternally,
>
> BRUCE SMYTHE.
>
> P. S.—Smooth things over with my mother, will you, Billy?"

"It must be that girl!" I cried, handing the letter back. "She'll have herself to thank, if he's shot."

Eleanor moved restlessly. "How you jump at conclusions, Fred!" she said. "Perhaps it wasn't the girl's fault at all. Perhaps he went down there because he likes to fight."

"Yes," said Bill with his eyes on the floor, "it probably wasn't the girl's fault."

A little later Eleanor left us alone. For some time after she had gone, we sat in moody silence.

"I got that letter on Monday," said Billy at last. "Ever since then, I've been hitting it up. I can't think of poor old Bruce in that cursed climate, fighting those devils, without taking a drink to steady me."

"Couldn't we possibly get him to come back?"

"No chance at all. I thrashed the whole thing out with his mother, who, by the way, is a very sensible woman. 'You can't change his mind,' she said. 'He's been that way ever since he was a child. When he says a thing, he does that thing—nothing in the world can stop him.' She knows best I guess, 'Deacon'."

"But it really was on account of the girl?" I persisted.

"Yes, I guess it was. But it wasn't her fault, 'Deacon'. To the best of my knowledge, he never saw her after that time in the car."

An hour later Billy took his leave; and I lit my pipe for a long smoke before going to bed. My heart was heavy. Bruce and I had always been the best of friends; and now he had left me without a word, left me to go down and fight for a cause that he cared nothing about.

Mental pictures formed in my brain—pictures of flat level stretches and tiny black human specks. These human specks sometimes ran fiercely forward and sometimes crawled along; sometimes lay upon their bellies, enveloped in the mist of battle, and sometimes lay prone upon the earth never to rise again. Smythe was there, with the sun beating pitilessly on his blond head. He would suffer from hunger, heat, and cold; he would fight and perhaps die; while I, his friend, could do nothing for him.

Suddenly I felt a light touch on my shoulder. Looking up, I saw Eleanor standing before me. "I've had such terrible dreams!" she said. "Aren't you coming to bed? I'm so afraid to stay up there alone!"

CHAPTER XXIV

As time passed by, I began to realize that my married life was far from happy. A couple of more widely differing tastes would be indeed hard to find. When physical passion is the only pillar that supports the roof of matrimony, the first storm is liable to bring the edifice down in ruins.

I soon discovered that it was impossible to form my wife's character along the lines of my choosing. At first I attempted to pick out her female associates. When Louise Hartley returned for her summer vacation, I did all in my power to build up a friendship between the two. My efforts were in vain. Although Louise, with unfailing kindness and tact, attempted to win Eleanor's regard, she was met with sullen aloofness which often bordered on insult. Eleanor was jealous of her. On several occasions we quarreled openly. One day she said to me: "Why didn't you marry that little saint, if you thought so much of her?" After that I gave it up.

I kept my family troubles to myself, even hiding

them from the keen eyes of Jenkins; but Eleanor had no such compunctions. Soon rumors came to my ears—vague rumors of my misconduct. It seemed that I was a miser at heart—a man who begrudged his wife every cent she spent; that I was a boorish, uncompanionable sort of fellow, who avoided society because he was not good enough for it; that I was fond of low company.

How did I hear these things? Whispered behind hands, mirrored in the eyes of gossiping women, from a thousand different sources—yet quite as apparent as if they had been shouted into my ears.

One evening—it was summer and we were living at our country place on Long Island—I boarded the train behind two of Eleanor's friends. It had been a hot day in the city. I was tired and nervous. In front of me the two women where whispering excitedly. The plumes on their hats nodded sagely, as though they too had a word to say on the subject. I was in no frame of mind to join in their feather-brained conversation; and, seeing that I was unnoticed, I opened a magazine and started to read. Soon I heard a few words that made me look up quickly.

"Eleanor can't stand him," I heard one of the women say.

"Can you blame her?" said the other. "The man is a beast—a positive beast! Why, he has no consideration for her, not the slightest. She told me so herself. She's worn the same dress to three receptions, because I've noticed it. If I had a husband like that I'd divorce him."

"He has sixty thousand a year. What do you think he does with it? Charity? Bah, I know better! It's the same thing that Cuyler did—only he called it business. Do you remember? Bessie caught him with a chorus girl. Yes, of course, that was her first husband."

"Do you think Eleanor suspects anything? Perhaps we had better warn her. She's such an innocent little thing!"

"Oh, she does suspect him! She told me so with tears in her eyes. What beasts men are!"

Rising, I strode into the smoker. I felt that I had left a ripple of excitement in my wake. Slamming the door behind me, I sank down in the nearest seat and gave up my mind to unpleasant thoughts and my nerves to much-ruffled emotions.

And men are supposed to respect all women whom the world considers decent! What folly that is—what a fallacy in words! These two were gossiping harpies, feasting themselves on filth. They had evil minds, minds that reveled in contemplating the sores of others; yet were too cowardly to sin themselves. All their lives they had lived in fear of "Mother Grundy"; and, by this fear alone, they had remained virtuous wives—virtuous bodies, rather, with the minds of harlots.

All this, and many other thoughts, passed through my mind before I reached home. I found Eleanor in the library, reading one of those novels that so horrify and fascinate the fashionable reading public of to-day.

"So you've come back, Fred?" she said, looking up listlessly. "Hurry up and dress for dinner. You've got to take me over to Mrs. Carhart's bridge."

"Oh, no I haven't," I answered curtly. "I saw and heard Mrs. Carhart on the train. I'm not going to take you over."

"You're not going to take me?" she cried in astonishment. "What do you mean?" She shut the book with a snap. "I mean that Mrs. Carhart is not the kind of woman I want my wife to associate with." (*Continued on page* 137)

"I pulled aside the portiers — what I saw deprived me of speech."

The "Jazz Girl" of Today—

The Problem of the "Modern" Girl, Bold If Not Bad, the Smart, Cigarette-Smoking, Convention-Defying Creature Who Is Above Modesty and Contemptuous of Morality and Old-Fashioned Decency.

By V. Janet Heckman

JAZZ music, the modern social dance, drinking and smoking extravagance, immodest dressing, vamping, powdering and painting, disrespectfulness, swearing, boldness, and extreme daring, are the causes of the immorality that exists in so many of our young women of today, according to the opinions of ministers, lecturers, educators, physicians, and writers. In fact, one might cover an entire page with objectionable attributes which have been expounded from the pulpit, from the lecture platform, and through the press under various headings, as, "What Is the Matter with the Young Girl of Today?"

Now, let us turn our attention to a logical study of the condition that confronts us; learn the causes, and if possible, find the remedies to improve the situation.

In the first place, none of these widely-discussed girls originated jazz. Jazz was thrust upon them in music store and the dance-hall. Therefore youth played it, sang it, danced to it, and absorbed it. By the time the Armistice was signed jazz had reached a tremendous popularity, and the girls fell easy victims to the evil influence of this light and sensuous form of music.

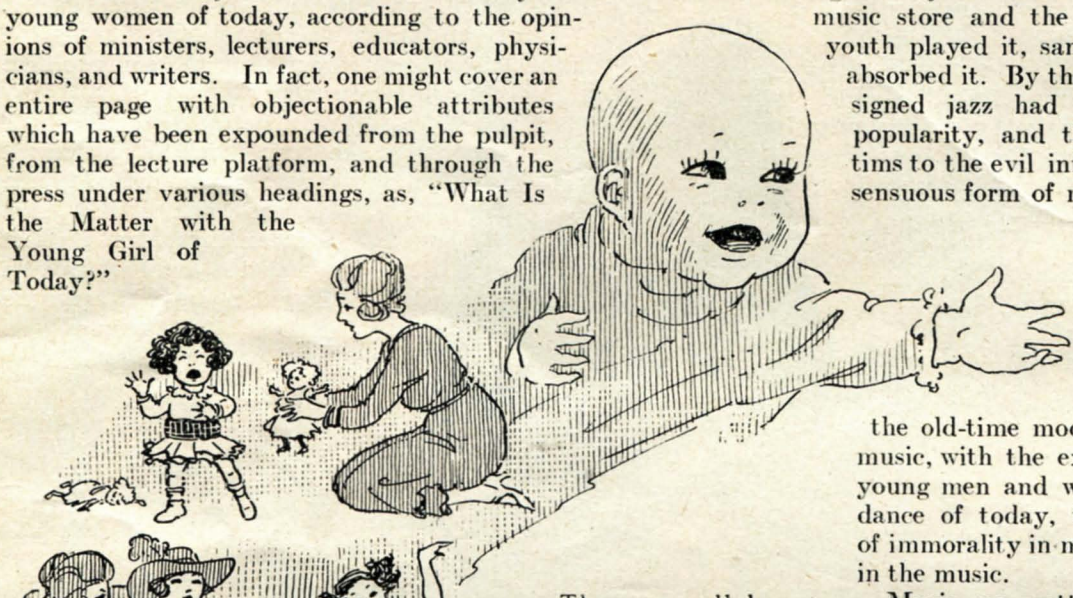
In the picture, "The Birth of a Nation," there is a ballroom scene, and one has only to compare the expressions on the faces of the dancers, in the old-time mode of dancing to refined music, with the expressions on the faces of young men and women in the usual jazz dance of today, to know that the seat of immorality in modern dancing, is mainly in the music.

Music, no matter where heard, or how used, should be elevating, should be such as to raise the morals, not lower them.

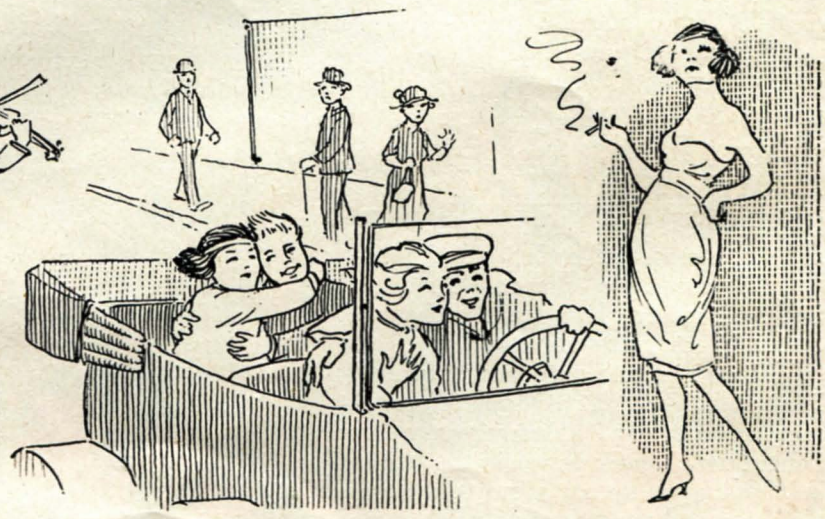
So why censure the girl too severely for the corsetless waist, and for allowing her partner to hold her in the manner he does, when the very music to which they dance is passion's call?

Thus, I say the remedy for immoral dancing is the elimination of jazz music.

Difficulty in enforcing prohibition laws,



These parallel groups of illustrations represent two contrasting developments in modern girl life. They are both true to life. Here is the making of the spoiled child, and on the opposite page, a different and more encouraging story.



Are You Spoiling Your Child?

Is the Girl of Today Really Less Wholesome and Substantial Than Her Mother at the Same Age?—Or Is She Just the Victim of Her Bringing Up and Her Surroundings?—What Do You Think About It?

ILLUSTRATIONS BY
HUBBELL REED McBRIDE

jocular treatment of them in the home, in certain moving pictures and publications, are largely responsible for the drinking habit which so many of our young girls have acquired.

When parents speak lightly on so serious a subject in the home, or laugh at it when treated as a joke on the screen or through the press, we will have instances of drinking and even intoxication among our sons and daughters.

A young society girl of a western city was a victim of this influence. While sipping a soda with a young man friend of the family, in one of those open booths which are found in many of our popular drug stores and ice-cream parlors, she became intoxicated by drinking from the "hip-pocket flask" which he carried. With the assistance of her companion she was put into the waiting automobile. Of course she was not taken to her home in the state of drunkenness. But where did she spend the night? This, my informant was unable to tell me.

Another instance is that of a girl who when away to school in the East, made a practice of suspending a bucket by a rope from her sleeping room window at night for her young man friend to fill with strong liquor. She usually assembled in her room other girl "students" that they might enjoy the fun and the contents of the bucket with her.

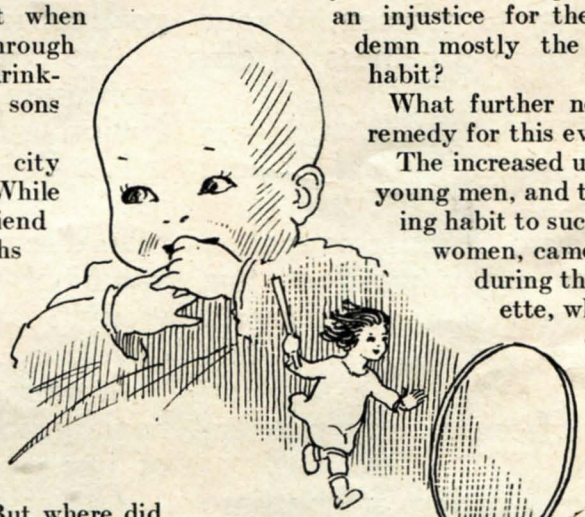
Would it surprise you then to learn that this same young girl awoke one night to find the "bucket filler" making her a visit in her room?

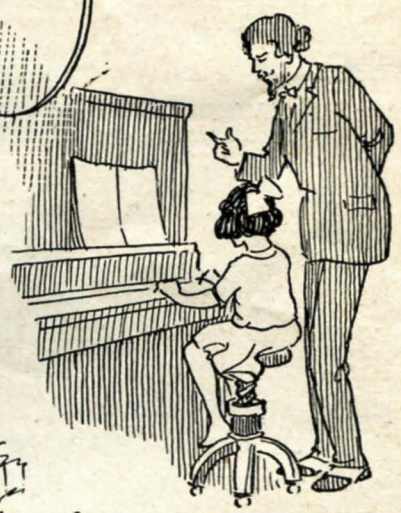
When we have fathers who ask daughters returning home from college, to smuggle intoxicants into their trunks, and when we have mothers, who are unable to return to their homes from bridge parties until they are "sobered up" by physicians, isn't it an injustice for the general public to condemn mostly the girls for the drinking habit?

What further need I say regarding the remedy for this evil?

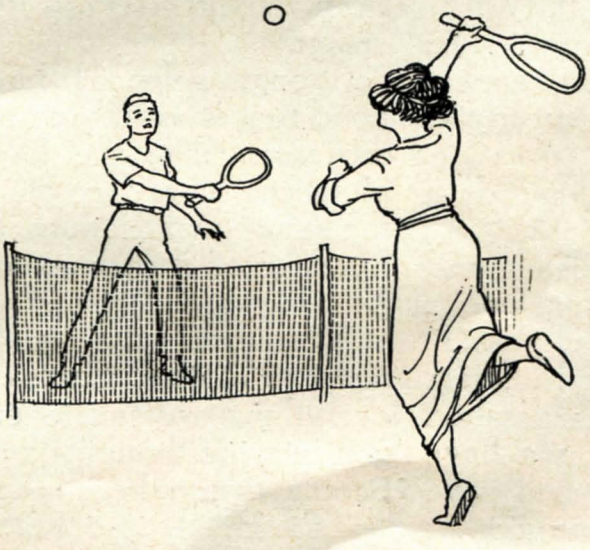
The increased use of the cigarette among young men, and the adoption of the smoking habit to such an extent among young women, came about, for some reason, during the war period. The cigarette, which had theretofore been despised by most people, came in evidence every-

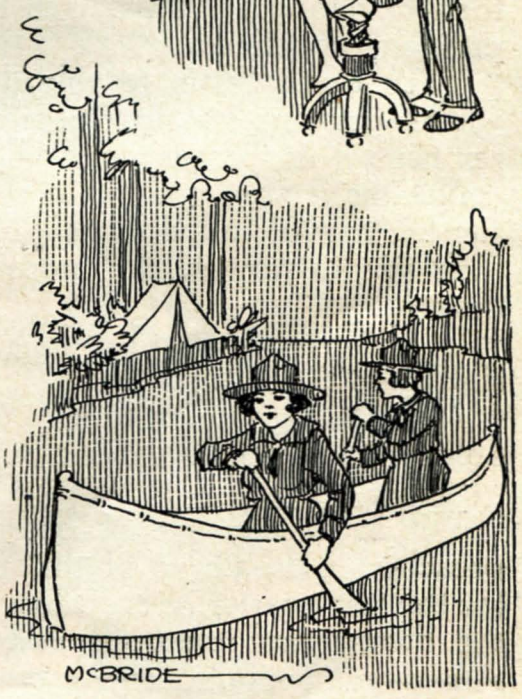
(*Continued on page* 152)





The question arises as to which is the predominating tendency among the girls of today. The illustrator has crystallized here what would seem to be the remedy for the condition reflected in the pictures opposite.





"To Build a Stronger Nation"

By Bernarr Macfadden

WAS there ever a slogan more inclusive, more commanding?

It intimately touches — deeply probes every human soul.

It commands you to build bodily perfection.

For who knows when you may father or mother a new human entity?

This slogan commands you to be ready —ready for your duty to yourself, to your progeny, to the future greatness of our nation.

"To Build a Stronger Nation"—is the slogan for *National Physical Culture Week*.

Let your enthusiasm become as molten iron that will burn every word of this commanding phrase into the hearts and lives of every man and woman in this land.

Make it stand out from the sky in letters of fire, a mile high.

Egypt was a great nation at one time —but it went down to well deserved decay.

Then ancient Greece became the center of the civilized world. Much of its art and literature is still with us.

But Greece succumbed to the Roman hordes. The splendor and wild dissipation that come with riches and luxury then developed. Thus was Roman supremacy sacrificed.

Then came Spain to rule the world.

This great nation now possesses but a remnant of its former glory.

Nations come and nations go! The same is true of individuals. The quicker their rise to power, the more speedy is their fall.

Is this great Nation heading towards a similar fate?

Are we to go down to ruin, death and oblivion as have the nations before us?

"NO!" says the Physical Culturist!!

Within the science of body building, preached in the pages of this publication for the last quarter of a century, we have the means and methods that will save American manhood and womanhood.

National Physical Culture Week is our first great country-wide celebration.

Gird up your loins and enter the fight with us! Demand and work for a prolonged and useful life for yourself. Invite similar efforts from others and thus insure power and permanence for our American nation.

Are the prizes worth while? Is the goal sufficiently inviting?

Are poise and power and dominance worth while for the individual and for the Nation?

Let Common Sense answer these queries. It will teach us to give to the strong man due reverence. It will show us the value of elevating the beautiful, vital woman as the type that mothers and develops the race.

A strong nation is made up of vital, healthy individuals. Each must do his or her part.

Therefore, one's first duty is to develop his own body, mind and soul until perfection is approximated. Then pass on our God-given enthusiasm.

Let us make our friends, our neighbors see the light that is burning within our own souls. Show them the beauty, the wholesomeness of the physical culture life—make them see the truth as you see it and feel it. For the salvation of this nation depends absolutely upon adherence to the physical culture principles that have been taught in every issue of this publication.

Strong, splendid manhood; womanhood that is vital, vigorous and alluring—are essential to the thorough enjoyment of successful life for the individual. And the same qualifications are needed in the building of a stronger nation—a stronger race.

Therefore, let us go forth during *National Physical Culture Week* and do everything we can to emblazon this slogan into the thoughts and activities of the people everywhere—

"To Build a Stronger Nation!"

Copyright Underwood and Underwood, New York

For tired, aching eyes, we can think of nothing more refreshing and soothing than this bunch of wholesome, happy, athletic modern girls. These are from the Castle School, Tarrytown-on-the-Hudson.

The Next Generation
—*Built of Athletic Girls*

By Wainwright Evans

ATHLETICS is what might be termed Concentrated Living. It involves the whole, rounded problem of life. It summons not merely the body, but the will, and the mind as well, to intense activity, and to consequent growth. The athlete whose whole body cries during a contest for release from effort, but whose moral courage carries him across the tape with undiminished effort, has performed, not a physical feat, but a moral feat. His body had given out, but the man hadn't. Physical strength, physical health, right living—these things take their interest and their importance from their *ethical implications; that is from the fact that they involve or lead to certain kinds of conduct.*

The reason I emphasize these obvious points here is simply that only within the last few years have girls been encouraged to make use of this experience in Concentrated Living along with boys.

Granting that Athletics means a highly concentrated, and systematized and skillful blending of a person's physical, mental, and moral powers for the production of an immediate and definite result, and that it is in that sense one of the greatest possible educational instruments, and a lever for human progress of a very rapid sort—granting all this, I say, then surely one of the most tragic facts in human history is that women have in the past been almost wholly excluded from this training. I am not thinking of the patent injustice of it; I am thinking of the assinine folly of it—of the tremendous ethical loss—of the loss in terms of a slowed

Courtesy Community Service.

"The Waterfolk Dance" by a group of New York girls.

Copyright Central News Photo Service, New York

These delightfully vigorous examples of young American womanhood representing private schools at Mamaroneck, New York, seem to us quite the antithesis of the modern "jazz girl" about whom we hear so much. Incidentally, they give the lie to the notion that the typical modern girl is a creature of jazz and its associations, or that she is less wholesome than formerly.

down, snail-like progress toward human advancement in place of the rapid, perceptible progress we might have had, and might still have.

What progress our race is capable of making when it once bends its full energies in a given direction is amply illustrated in the scientific advance which has been made in the last fifty years—an advance greater than that presented in all the millions of years during which mankind has been living on this earth. It has been so tremendous that we can't calculate it. Only when a World War, with its instrumentality for destruction, demonstrates how far our scientific progress has outrun our moral progress, do we begin to see that we have a choice between acquiring, as rapidly as we may, a rounded art of living, or else be destroyed by the machinery our genius has created.

One reason why our moral progress has been slow is that this *has* always been a man's world. It has been wholly, or almost wholly, in the hands of men since the beginning of human history. Only when it becomes equally a woman's world will our rate of physical and moral progress become in any way comparable with the speed of our scientific progress. If this had been a woman's as well as a man's world, we would today be capable of using our scientific knowledge with some degree of moral restraint and sanity. As it is, we have as much business with our big guns and our big engines and our so-called progress as a boy of twelve would have with a loaded shotgun on a crowded street. He doesn't mean any harm, but he is relatively an irresponsible young barbarian.

When this becomes a woman's as well as a man's world, it will have, in matters of conduct, the system of checks and balances which it has always needed and has always lacked. Such a condition will bring out into the field, and into vigorous and untrammeled action, a set of motives which are funda-

Copyright Central News Photo Service, New York

It's better to have run and lost than never to have run at all. As a matter of good sportsmanship, there is almost as much fun in losing as in winning. Do not overlook the "almost."

Photos Copyrighted by International Film Service, New York

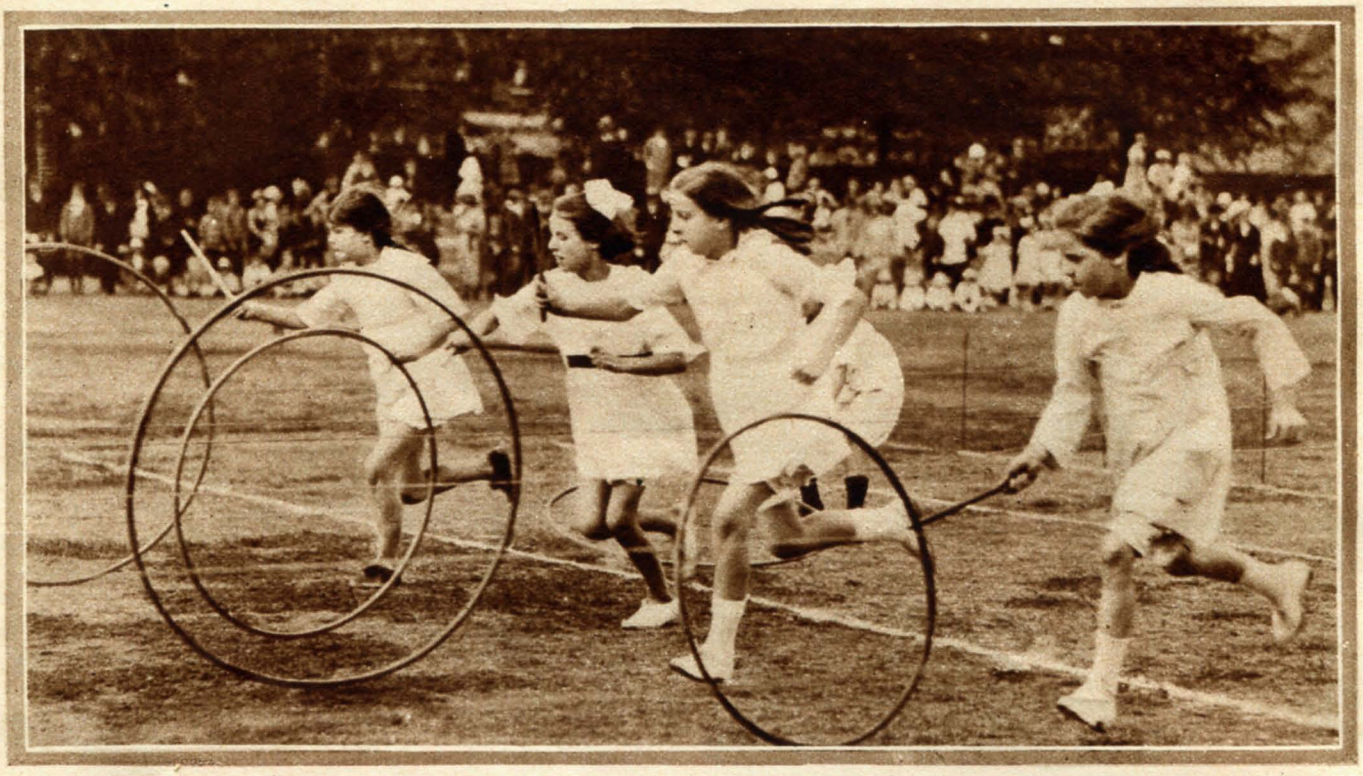
No one can look at these delightful photographs of athletic girlhood in action and feel that there is anything unfeminine in such participation in track and field sports. They are so obviously an expression of the wholesome play instinct.

mentally different from the motives which govern men. If you want an example of the kind of thing I mean, ask yourself why it was calculated at the last National Convention of the Democratic and the Republican parties that the party which should dare to come out flatly against prohibition would be in a fair way to lose the women's vote. I am not here concerned with the correctness or incorrectness of that opinion. I merely point to it. It was an instinctive reaction. It was taking it for granted that on matters which fundamentally affect social conditions, and on issues having to do with questions of right and wrong, and on questions having to do with the integrity of the home, women would not compromise. Men *would* compromise, in favor of their desires. But women would not, because the motives on which they act tend unswervingly toward the production, preservation, and *intensifying* of life. A man *may* do right on such issues; a woman *must*. It is a tendency as resistless, on the average, as the law of gravitation. Beside it the so-called Cosmic Urge is a trifle. In fact the Cosmic Urge is merely the left hand of it, a thing which is authoritative only as it conforms to the thing which is still bigger. There is something utterly impersonal and ruthless about the stand which women take on vital issues, and that is one reason why the nagging wife and the conscience-stricken, henpecked husband, have been the eternal subject of tears and jokes since the world began.

Here then is an enormous elemental force which human society is just now in the process of releasing so that it may course up and down the world and work its inevitable, resistless, and remorseless will. I don't mean that we shall have catastrophes and cataclysms and sudden world-shaking revolutions from it; but simply that the results will be quick beyond our present expectations, and that the historian who dips his pen in whatever style of inkless inkwells they may be making in the year 2,000 will have something definite to say about it. Also that one of the things he will put his finger on as an element of almost unlimited importance in the final outcome, will be the participations of girls in the games which all past ages have by common consent reserved for boys, the kind of games shown in the pictures.

"But," comes the question, "wouldn't it come anyway, since women have gotten the vote, and are gradually taking more and more part in public affairs? Why drag in athletics? Athletics may count, but they will be quite incidental. They have only an incidental effect on men, who have always had them; why, then, should they have more than an incidental effect on women?"

I admit that the effect of athletics on men is only incidental in most cases; incidental because very many men drop them and forget them when they leave school. It is quite possible, of course, that girls will also drop them when they leave school. That is the natural tendency when one enters upon a busy life, particularly if one lives in a city and in crowded quarters,



Copyright Kadel and Herbert, New York

These wholesome forms of play in early childhood lead naturally into participation in athletics during the period of developing womanhood. But one of the advantages of athletics for girls lies in the fact that athletic tradition, and its by-product of character, is passed to future generations.

with small inducement to seek the open spaces. But that is not to say that the relative effect of training girls in athletics, and in the courses of right living which athletics implies, *will not be vastly greater than the effect of giving boys such training.*

Nothing could be more evident, it seems to me, than that girls who acquire such a habit and tradition of life will inevitably pass it on to their children when they become mothers. Men, who as boys had the athletic habit, do not pass it on to their children in any great degree. They are busy; they are preoccupied with outside matters; they take only a minor part in the rearing of their children; they may interest themselves in it, but they don't as a rule fully concentrate on it. A man seldom passes on his traditions of conduct one hundred percent. to his children; but a woman *does.* Whatever fundamental principles of living she herself learns to apply, and to apply with skill and enjoyment, she is impelled to teach to her offspring, and rightly so.

This is a law of nature which you may see actively enforced throughout the animal world; and the higher the order of intelligence the more marked it becomes. The male does it to a certain extent, but mostly it appears to lie with the female. This, in the case of mankind, is one strong argument against very early marriages. When marriage and procreation are deferred till the minds and characters of the parents have reached full maturity, the teaching function of the parents is more likely to be adequately performed. That is one reason why the intellectual classes as a rule marry late, while those who have no intellectual heritage to pass on to their children tend to marry much younger, as soon, indeed, as they are able to produce bread and butter and a roof by means of the labor of the male.

In the past, as I have already pointed out, women have not received the peculiar (*Continued on page* 68)

Copyright Wide World Photo Service, New York

"The truth is that athletics is a training for the mind and the heart as well as for the body, calling for delicate nervous adjustments, power of initiative, that concentration of the mind called 'attention,' which is the very essence of will power, for high and diverse enthusiasms, for courage, for honesty, for team-work.

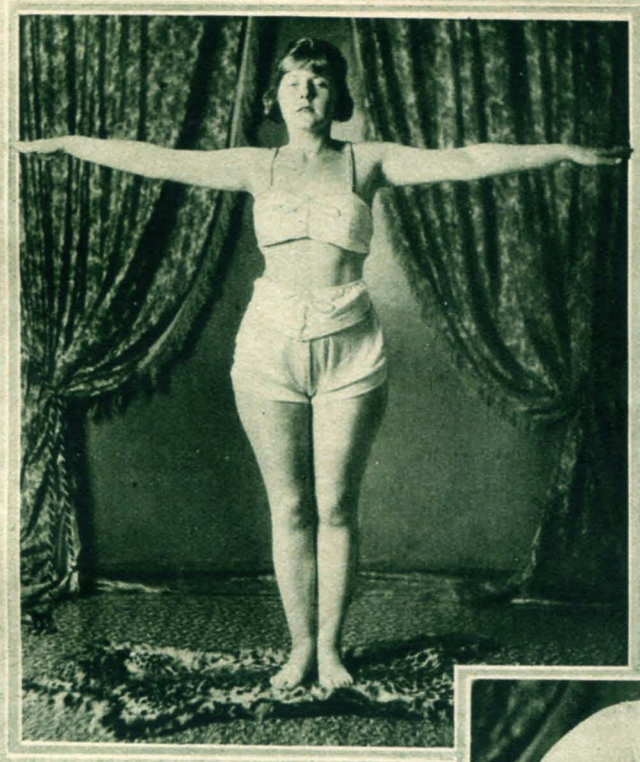
The Body Beautiful

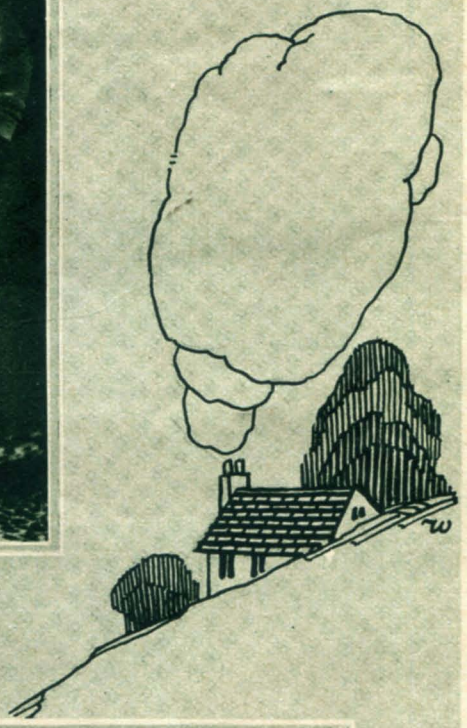
Copyright, Keystone View Company, New York

HERE are two types of physique, equally beautiful and impressive, one that of a dancer, the other, a typical strong man. Above, Walter Houle, of Berkeley, Calif., and below, J. Edwin Crapo, D. C., of San Francisco, Calif.

Photos by E. G. Lantz

MISS MAY WILSON, a typical physical culture girl of Tillamook, Ore. A good swimmer, she is an example of a normal feminine development.





THESE poses by Miss May Wilson, whose photographs are also shown on the opposite page, are characteristic of the physical training by which she has attained her beauty and symmetry of body. She presents an object lesson in health and beauty.

Physical culture girlhood as manifested in the person of Dorothy Hathaway of Minneapolis, Minn., at eleven years of age.

This winsome little maid is Miss Marian Nixon, also of Minneapolis, Minn., at sixteen years.

"Should I Have a Child?" —My Greatest Problem

A Case of Baby Versus Husband—The Story of a Decision by Which a Truly Wonderful Woman Built Up a Life of Joy and Achievement—This Story Was Given Fifth Place in Our Recent Greatest Problem Contest

By V. S. N.

TO be, or not to be, a mother? Surely that would seem a question incapable of debate to a young, normal, happily married mother. But three months after our supposed marriage, my husband had confessed to me that the divorce he had claimed to have secured in due and regular form was in fact incomplete—worth no more than a scrap of paper. His whole courtship and our marriage contract had been based on a lie, and the fair edifice of our joined lives lay in ruins. It would take months of time, and hundreds of dollars, which he did not have, painfully to retrace the proceedings and straighten things out now, before our union could be made legal. In the light of such revelation, the coming of a child was a most unwelcome complication—hardly less than a calamity to both of us.

My husband's attitude was the casual one (not so rare with prospective fathers whose comfort is threatened, I have since learned): "Get rid of the child." He reproached me vehemently for ignorance in entering the marriage relation without knowledge of the central facts of birth control that should be part of every bride's equipment.

I shall never forget the day he took me to a physician's office, to discuss the matter of an operation. The physician was a friend of my husband's and sympathized with our position. Being highly ethical, however, he would not perform the operation himself, but he would tell me where to go, and see that I was "looked after" afterwards. For some half hour the murder was discussed. (How monstrous it now seems!) And all the time my heart was like lead. The arrangements were made. The difficulty seemed disposed of. The cloud on my husband's brow lifted with this embarrassment past. He became buoyant and gay, as in the days of courtship. I felt cornered.

In desperation I drew the doctor aside. "For God's sake, tell me the truth," I pleaded, "If I do as my husband wishes about this child now, can I count positively on having another when we're ready?"

He gave me a quizzical glance. "Nature does not do things that way," was his reply. "I should think it most unlikely."

"You mean I could never have another?"

"I don't say 'Never.' I say 'Respect nature's laws'," he replied firmly. "You are thirty years old. You come from a family not prolific. If you want a child, for God's sake, take it now when it is offered."

My mind was made up, even before he finished speaking. I did want a child, and I would take it, notwithstanding the thundercloud on my husband's (*Continued on page* 146)

Could I build health in two weeks? They brought me a glass of milk in bed, and even as I sipped it I was planning to make that two weeks' vacation the most productive in my life.

Love and Marriage 100 Years from Now

By John R. Coryell

CHAPTER VII

THERE was no definite fear in my mind as I raced after Mary. I merely knew that she sometimes fell into terrible rages, in which she was likely to do any dreadful thing that came into her mind. At such times, she was as irresponsible as a child.

As I have said, my heart was in my throat at the thought of my gentle little Dorothy confronting Mary in her rage. I wished to overtake Mary before she reached the house, but she was fleet of foot and had leaped up the steps of the back porch and thrown the door open before I could touch her.

The kitchen was empty, but the light from the front part of the house showed through the open doors; and thither Mary sped, with me close behind and the slower William some distance behind me.

The whole Mason family was apparently gathered in the cosy living-room. Mr. and Mrs. Mason, Polly and Robert were seated listening with lively interest to what Dorothy was excitedly telling them. Naturally her story couldn't have proceeded far when we burst unceremoniously on them, bringing them all to their feet in startled surprise.

Luckily I succeeded in throwing my arms about Mary just as she was about to throw herself on Dorothy, who was easy to single out as *the* girl by reason of her airplaning garments, as well as by reason of her very great beauty—a factor which doubled Mary's rage.

"It must be Mary!" cried the startled Dorothy as she stared at us while we struggled.

She drew back a little while the others simply stared in wonder at the sight of the invaders of their home engaged in a struggle. And Mary, finding that I was much too strong for her, suddenly ceased trying to break away and shook her finger at Dorothy, panting. "He's mine! he's mine! You can't have him."

Naturally I was extremely mortified at this unseemly intrusion into the Mason home, where I had hoped to find myself a welcome visitor; and I was so incensed at Mary that I was ready to do anything to set myself right. Unfortunately nothing suggested itself that I could do with dignity; and I was about to pick her up and carry her out of the house, when Dorothy came to the rescue.

I had seen Dorothy only when she was a gentle, merry, loving girl; now I saw her draw herself up proudly and step nearer to Mary, eyeing her coldly. "Release her, Oliver!" she said; and when I had reluctantly done so, went on in cutting, contemptuous accents. "You should be ashamed to come into this house in so violent a manner and with such a ridiculous claim. Are you so reactionary that you don't realize that the world has moved? The day is past when such an absurdity is tolerated. Oliver loves me and I love him, and yet I would not say that he is mine and that you may not have him. He is still free to choose you if he so wishes."

"Dorothy!" I cried protestingly.

She smiled sweetly at me. "I hope you won't choose that way, dear; but you know you are free to do so, and would be if we were married. I only wished to show this mathematician how silly she is."

And I am sure Mary was feeling silly, for even she lacked words. Her exhibition of rage had fallen flat. Dorothy was not even afraid of her. And I suppose Mary was fully conscious that at the first show of violence she would be ignominiously ejected from the house. To add to and complete her humiliation, Polly and Robert giggled.

Mary had been trying to compose a fitting retort

Picking Up the Thread of the Story

OLIVER RONDALE, writing of events that transpired in the year 2022, details how he motored into the Rocky Mountains in search of clay containing Oron, his newly discovered metal. There in an impassable gorge he finds William Harris, who had lived, a prisoner in this ravine for one hundred years, and who is now one hundred and thirty years old. Our hero naturally is very greatly interested in the quaint and antiquated ideas of the old man, who reflects the conventions and standards of the early twentieth century. Of course these outgrown viewpoints seem very silly and absurd in the light of the progress attained by the year 2022. However, young Rondale has been pursued by Mary Willard, a mathematician, whom he does not love, but who proposes to him for the fifth time, and is determined to get him yet! It develops, however, that a third person has descended into the little valley, because of engine trouble, and is discovered by Oliver and the old man, bathing just below the waterfall in which the two men have found a deposit of clay containing the desired Oron. She is Dorothy Mason, and Oliver at once falls in love with her. Guarding against Mary's jealousy, Oliver takes Dorothy back East to her Brooklyn home, leaving William to ride with Mary, who on arriving, discovers that Oliver has had a woman passenger. Furious with jealousy, Mary rushes into the Mason home, with obviously violent intent, followed by the two men. That is where you left them last month. And now let us see what happens.

to Dorothy, but as the giggles of the younger children fell on her ears, she stamped her foot and whirled on me. "I will never give you up," she cried; "never! never!" And thereupon she brushed past me and went out as she had come in—raging and by the back door.

For a moment there was silence, then I looked at Dorothy's parents and addressed them. "I hope," I said, "that you will forgive me for my part in this. I am more chagrined than I can express that—"

"Let me explain," interposed Dorothy, putting her hand caressingly on my arm. "Please everybody sit down, for I have a long and very interesting story to tell. Here, William, you will like this chair, I'm very sure;" and she indicated a cushioned rocker.

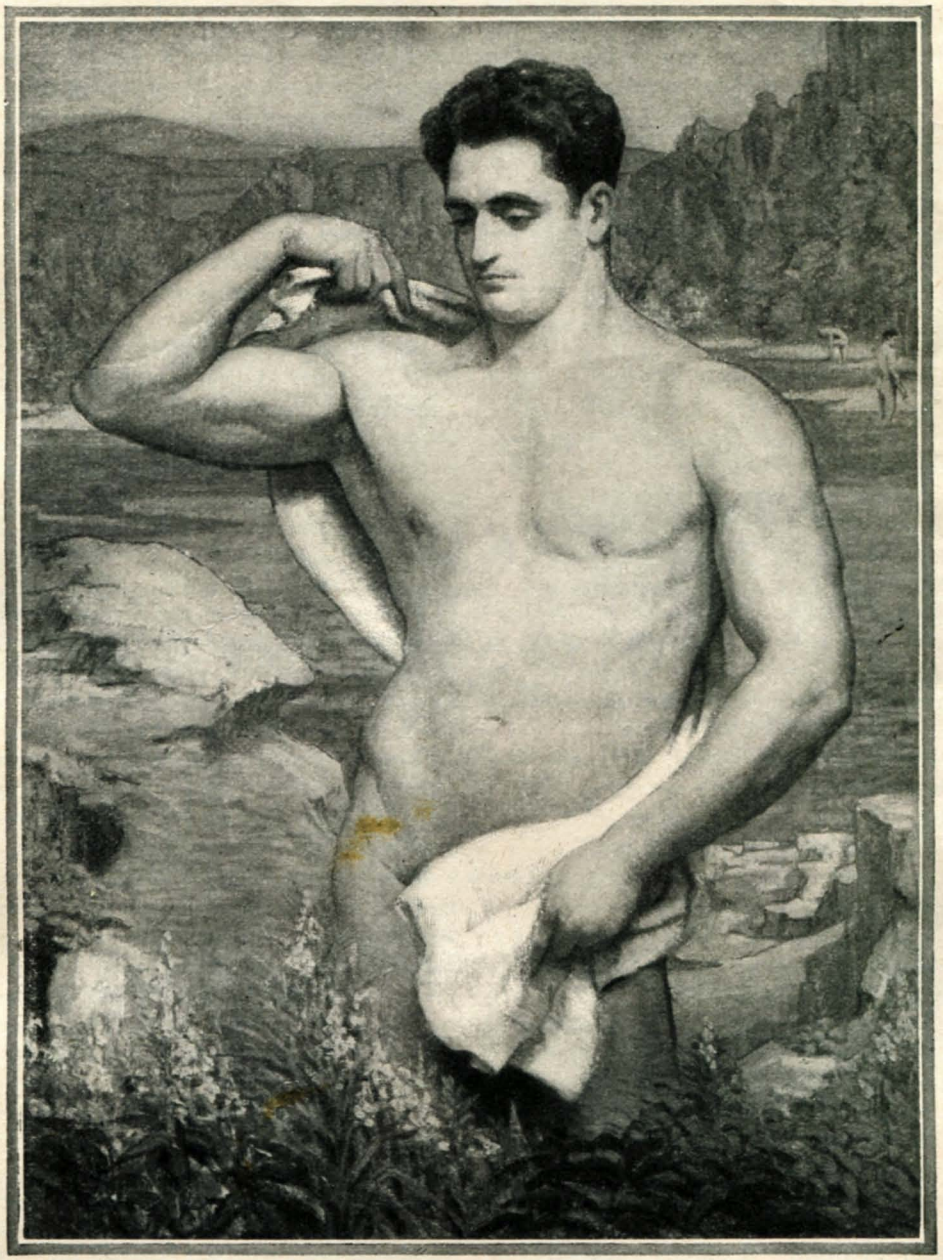
Dorothy told her story well, relating how she had broken down and been obliged to land near the fall, how we had surprised her as she was taking her bath—this, I think, for William's benefit—how I was in search of a certain kind of clay, and who I was. At the mention of my name, I was delighted to have Mr. Mason leap up and insist on shaking hands with me. Like a true story-teller Dorothy left William for the last, telling eagerly of his being shut up in the valley and that we had the records to prove that he had been there one hundred years and was now one hundred and thirty years old.

Mr. Mason grasped the full significance of this at once, and the others must have glimpsed it, for they gathered about him and treated him with a deference and kindness that almost overwhelmed the old man.

"Amazing! Wonderful!" cried Mr. Mason. "You must make this your home, William. You will consent to that, Oliver? Thank you! thank you! What an extraordinary opportunity! The first-hand knowledge you can impart to us! The extraordinary sensation you will experience in noting the surprising changes that time has wrought! And then, too, the light you will be able to throw on the great subject of the prolongation of life!"

Dorothy's mother, a remarkably sweet, wholesome woman of a little over forty, suggested that William might be weary and wish to go to bed; but William declared he had slept in the plane and would rather sit with them until they were ready to retire. The truth was that William was now as excited as any of us, and moreover was enjoying this first taste of sweet, home life after so many years of loneliness.

Up to this time, as he confessed to me afterward, he had had the feeling of being in contact with something abnormal; but now, as he sat there in the family circle, and saw how wholesome everybody was, he began to realize that it was he with all his outworn conventions who was the abnormal one. As he expressed it, "I found myself wondering if my ideas weren't as bad a fit as my clothes."



In an era of clean living and clean thinking, such as the period with which this story is concerned, the human body becomes indeed the sacred and splendid thing that the Creator intended it to be. And it is regarded and respected as such. Men and women are no longer ashamed of their bodies. (Coming back to actual publishing details, the picture is a reproduction of a study of Charles Siciliano (Atlas), Physical Culture's recent prize-winning "Most Handsome Man," painted by Eloise Howard, of New York City.)

The talk was general for a while for the purpose of enabling the aged stranger to adjust himself to his new environment, though probably little fourteen-year-old Polly helped more than anything else to put him at his ease. She had taken a great interest in him at once and had moved her chair near to him. She didn't take much part in the conversation, but in a way that was partly childlike and partly motherly she would look at him and smile sweetly. He always returned her smile in such a way that an understanding was soon come to between them; and in a little while she was sitting beside him and tenderly holding his great, calloused hand between her two little ones, occasionally patting it. I saw him brush the tears from his eyes several times.

"They call you Polly, don't they?" I heard him say to her.

"Yes, I'm Polly, he's Robert, you know Dorothy; and Carroll is the oldest. Carroll's married," she answered.

"And it looks as if Dorothy would be pretty soon," William commented with a glance at Dorothy and me sitting on the sofa hand in hand.

"Yes." agreed Polly. "I hope they'll hurry. And I hope their first baby will be a boy. I wanted Lucy—she's Carroll's wife, you know—to have a boy, but they wanted a girl. Dorothy!" raising her voice a little, "are you going to have a boy or a girl first?"

I could see William start and look at Mr. Mason. The latter, who had heard the conversation, smiled at him and then looked interestedly at Dorothy.

"Oliver and I haven't had any chance to discuss that yet," Dorothy answered. "I don't think I care which it is, so Oliver may have whichever he wishes. It will be enough for me to have a baby, boy or girl."

"I haven't any choice, either," I said. "Suppose we leave it to Polly to decide."

"Oh," interposed Robert, "don't leave it to her. Have a girl. Girls are a lot nicer than boys."

"You might have twins, a boy and a girl, and so satisfy both of them," laughed Mr. Mason.

"No, thank you!" cried Dorothy. "One is enough at a time. But I am hungry for a baby of my own. When shall we be married, Oliver?"

"The sooner the better," was my fervent response.

"When do you say, father?" Dorothy demanded.

"I think you'd better know each other better, first," he answered. "In about a month, say."

"That's what I think," agreed Mrs. Mason.

Dorothy and I looked at each other and sighed. We thought we knew each other well enough already.

"Well!" ejaculated William, "I never thought I'd live to hear such things discussed openly."

CHAPTER VIII

I cannot do better than to insert here an extract from the diary of Dorothy's father; for while this is primarily what I may call my love story, nevertheless William Harris was so inextricably mixed up with it that I cannot very well leave him out of my narrative. And as will be seen, for a little while, I was not in the position to follow his movements as was Mr. Mason, in having William a member in his own household.

EXTRACT FROM THE DIARY OF STEPHEN MASON

I can never be sufficiently thankful for the impulse that led me to make a special study of the manners and customs of the first half of the twentieth century. Probably at no time in the history of the world have there been so many or such marked and surprising changes as those which have taken place within the century beginning at 1925 or perhaps a little earlier.

No doubt the world had been for many years preparing unconsciously for these changes, but to outward seeming they began almost suddenly and went on with extraordinary rapidity. One of the prime causes for the apparent swiftness of change was that monstrous war in which the whole world was involved, and which disrupted the whole social fabric and shook it to its very foundation.

It is always difficult to understand great social, economic and political changes because it is so hard to get the point of view of them that antedated these changes.

It was this very problem I was struggling with when my daughter Dorothy came home last night unexpectedly, accompanied by the well-known chemist, Oliver Rondale—a young man, by the way, of fine appearance and most engaging qualities. But there was in their company a person who merits much more than passing attention because of his extraordinary story and by reason of the hope he justifies of aiding me to solve the problem I have mentioned.

I pass over, as unworthy of much space here, the intrusion into our home at the same time of that clever mathematician but most ungoverned and reactionary person, Mary Walton. Her very unseemly conduct made us all rejoice that her visit was of short duration.

This morning Dorothy went with Oliver in his plane to visit his mother. The young people, I may note in passing, are very much in love with each other and seem ideally suited for mating. Their intention, I believe, is to return tomorrow in order to go from here in my larger and speedier plane to the secluded valley where William Harris—the person alluded to above—spent a whole century of his life. Their object in going is to carry the necessary parts for the repair of Dorothy's plane which had been left there, and also to bring back a considerable quantity of the clay for which Oliver had first visited the valley.

I refer to this trip of theirs because it resulted in my having William Harris to myself for the day, with the expectation of more days to follow. And I may say that already my most extravagant expectations have been fulfilled. I have made copious notes of our talks for use in my extended treatise on "*The Bad Old Times; Or the Causes That Have Led to Our Present High Degree of Civilization.*" I have strong hopes that now this book of mine will create a powerful sensation inasmuch as it will prove that from the most evil conditions good can come, just as the loveliest flower can grow from the product of the dunghill properly applied.

Of course I had known of the degraded and degrading attitude of the people of the old, bad days toward the fundamental facts of life. I had known that sex and everything pertaining to sex was taboo; and that all the resources of religion and law had been used to perpetuate ignorance of matters most essential to be known. I had been aware of the terrible effect of this

unnatural attitude on the physical and spiritual well-being of the people; but until I talked with William Harris I had been unable to comprehend the state of mind of the individual brought up under such conditions.

We had been discussing with Dorothy whether she meant her first baby to be a boy or a girl when William interjected a horrified exclamation of, "I never thought I'd live to hear such things discussed openly." The others stared at him in amazement, unable to understand. I understood, however, and I deemed it too good an opportunity to lose of demonstrating to the children how fortunate they were to be living in a world of clean thought.

I questioned William adroitly to bring out the unclean attitude of his time toward so sweet and pure a subject. It was fairly ludicrous to watch the horrified expressions on their faces. I doubt if they could have been much more disturbed if William had accused their noble mother of being the vilest, foulest of women. Only Dorothy, to whom I had talked of my researches into the evil past, could understand; and even she was amazed.

Later on William admitted, that, while he had been appalled at hearing us discuss the subject so frankly, had nevertheless never seen so sweet and pure a child as our Polly. Of course it seemed to us that Dorothy was equally pure and sweet, and my saying so brought out his reason for not including her. It was that she had shown no shame in appearing before him and Oliver nude.

Of course it was impossible not to laugh heartily over anything as funny as that, but after all it brought out with even more startling clearness how steeped in filth the minds of his day must have been. I fancy, from some things he said, that William's most deeply rooted superstition is that nudity is provocative of passion. To him sex passion is not merely a natural phenomenon like food hunger, for example, but a terrible, unclean thing.

In his day, it would seem, passion was so stimulated and over-developed by repression, suggestion and unnatural living, that young men and even boys were considered dangerous to girls and women. Instead of being mostly subjective in character, it was mostly objective. No doubt that was natural under the circumstances. Most awful to think of, nevertheless!

This morning, having occasion to go to Manhattan, I took him with me, providing him with clothing more suitable to the temperature. He was surprised, by the way, with the convenience and comfort of the garments, and asked if that was the fashion now. Remembering that at one time it had been the custom for all men and women to dress in accordance with the behests of the makers of clothing, who arbitrarily changed the mode for the purposes of gain, I explained to him that there was no such thing now as fashion, but that men and women garbed themselves to suit the activities in which they were engaged, and that there was no type of dress to distinguish the sexes from each other.

This he saw for himself when, having left our plane at a convenient station, we descended into the street and he saw the moving throngs clothed in a variety of ways according as need or fancy dictated. He was somewhat troubled at first when he found that the sexes were not really marked by any difference whatever of dress, but he presently admitted that the effect was pleasing, and naively added that after all it was easy to distinguish male from female.

"In my time," he confided to me, "men and women —particularly women—would have been jailed for going on the street in such unusual garments;" and I recalled that I had found in the records instances of women being put in prison for (*Continued on page* 159)

(Posed by Miss Doreen Sheldon. Photo by Moody, New York City)

If you can imagine the heroine not of a twentieth century story, but of a story laid in the year 2022, in which not only the conditions of human life have altered and tremendously improved, but in which the men and women themselves have achieved a far higher level from every standpoint than that of today, then perhaps our heroine would look something like this girl, who is perhaps not a reincarnation, but rather a preincarnation of the beauty of Dorothy Mason.

What Would You Do in This Case?

A Personal Problem Department

Conducted by Carl Easton Williams

If You Could Find No Girl Good Enough to Be Your Wife

WHAT is to be said of the man who, with the opportunity to meet hundreds of women, is unable to find any girl who is quite good enough to be his wife?

Is there anything the matter with him?

Or is there something the matter with the average American girl to the extent that, while she may appeal to the low-brow, possibly jazz-loving youth, she is incapable of winning and holding the esteem and love of a high-minded, serious and idealistic young man.

It is perhaps a curious commentary upon this situation that while this letter duplicates, in a way, a great many complaints about the modern girl received from young men, the condition is paralleled by another group of letters received from young women who complain about the attitude of the young men of their acquaintance.

We are told again and again that clean-minded, self-respecting and reasonably modest young women find themselves left out in the cold because the young men of today will have nothing to do with them. We have been told over and over again that unless a girl is willing to permit the young men of her acquaintance to indulge in personal familiarities, including such kissing and spooning as they may find to their liking on joy-rides and elsewhere, they are given a wide berth. The girls complain that the young men do not wish their society merely for their mental, personal or spiritual and social charms. Indeed, we have published such letters in this department from time to time.

In other words, from our view of things, it would seem that there are two sides to the question. Is there anything the matter with the opposite sex—either opposite sex? Or is there anything the matter with the person—of either sex—making the complaint? In the past young men have always been able to find young women to their liking, and young women have always been able to find young men whom they were at least willing to marry, even though in later years they may have found in them various reasons for disapproval, mild or otherwise. Judging from the fact that the marriage license bureau in your locality is still doing a reasonably thriving business, it seems that most of the young people of today have no more trouble than their parents and grandparents in this respect. Anyway there is food for thought, or at least for speculation, in a problem of this kind, which, to the individual concerned, is a very vital problem.

But let us read this letter from a young man who signs himself "Sincerity," and who headed his communication "Wanted: One Wife Who Wants But One Husband." You will see that he is rather rough in his expressions on the subject of the modern girl.

You have heard of one-man dogs? Well, I'm a one-woman man. Generally the master of the one-man dog is himself a one-dog man. But, as a rule, it is not so with women, I find. There are women who are delighted to have the attention of a one-woman man, but who are not content to be one-man woman.

That's just about as bad a jumble of words as it's possible to devise, yet they make sense; also they open up a problem that is causing a lot of trouble in this restless age, when the golden rule of society seems to be: "You play with my wife and I'll play with your's, and we won't either one of us get mad."

As a consequence, I am still unmarried. Millions of others are single for the same reason. Unfortunately, men do not take to new fandangles as readily as do women—with the result that we are always behind the times, and always a little dissatisfied with the behavior of the gabbier sex.

As I'm not signing my name to this, I can say a lot of things I wouldn't otherwise. And I'm going to say a lot before I'm through.

The first of which is that I'm never wallflowered, shelved, sent to the porch to smoke, or otherwise consigned to oblivion. It was my luck to be brought up to think healthy thoughts, do healthy things, live morally; and I am, what shall I say—popular? yes, I am popular, well-thought-of by all ages from three months to three score and ten years.

And, frankly, the more parties and socials I attend, the more I crave the company of the three months, and the three score and ten categories. Oh, I've had my high school passions, and have survived them; also had little love affairs that would, for a while, hold out great promise, but which always fell down just prior to arrival at the altar. Never could quite make it to the altar, due to slackening of enthusiasm shortly after the engagement and the beginning of sensible talking. Somehow, the preliminaries were always successful, but the affair wouldn't stand serious talk. Nope, I've never been thrown over, jilted as you call it. I always maneuver the thing so's we can get out of it with apparent mutual consent; it's more polite than having either one straight-out break the engagement.

Maybe you say that there wasn't much love! Do you? Well, there wasn't. Love, as those who have studied it know, has notions of its own about when it will get on the job and how long it will stay there. I'm afraid of the stuff! Lordy, I've been passionately in love—fifty-seven times and varieties of it, all the way from purest spiritualistic love on down through to the basest animalistic love—but it just won't last. I always fall in love with somebody who has something or another about her mental, physical or spiritual make-up that I do not like. I love but do not approve!

Me? I believe in affection. It is born of respect, approval, and can be added to or subtracted from at will. It can be built up and up and up until it is stronger, holier even, than love, and a darnsight more enduring. Love is uncontrollable. Affection is absolutely controllable, and is, consequently, safer, more to be desired, and, strangely, rarer! Affection is about as rare as true friendship! (Echo applause.)

Well, to prove my point that love doesn't last, just cast about in your memory at random, and dig out the scores and scores of cases you have known, where the most ardent and heavenly loves have burnt out completely in from one to ten years and (*Continued on page* **108**)

Cantilever Stores

Cut this out for reference

Akron—11 Orpheum Arcade
Albany—Hewett's Silk Shop, 15 N. Pearl St.
Altoona—Bendheim's, 1302—11th Ave.
Asbury Park—Best Shoe Co.
Asheville—Anthony Bros.
Atlanta—Carlton Shoe & Clo. Co.
Auburn & Geneva, N.Y.—Dusenbury Co.
Austin—Carl H. Mueller
Baltimore—325 No. Charles St.
Battle Creek—Bahlman's Bootery
Bay City—D. Bendall Co.
Birmingham—219 North 19th St.
Boston—Jordan Marsh Co.
Bridgeport—W. K. Mollan
Brooklyn—414 Fulton St.
Buffalo—630 Main St.
Butte—Hubert Shoe Co.
Cedar Rapids—The Killian Co.
Charleston—J. F. Condon & Sons
Charlotte—221 Piedmont Bldg.
Chicago {30 E. Randolph St. (Room 502) {4750 Sheridan Rd. (Room 214)
Cincinnati—The McAlpin Co.
Cleveland—Graner-Powers, 1274 Euclid
Columbia, S.C.—Watson Shoe Co.
Dallas—Leon Kahn Shoe Co.
Davenport—R. M. Neustadt & Sons
Dayton—The Rike-Kumler Co.
Denver—224 Foster Bldg.
Des Moines—W. L. White Shoe Co.
Detroit—T. J. Jackson, 41 E. Adams Av.
Easton—H. Mayer, 427 Northampton St.
Elizabeth—Gidl's, 1053 Elizabeth Ave.
Elmira—C. W. O'Shea
El Paso—Popular Dry Goods Co.
Erie—Weschler Co., 910 State St.
Evanston—North Shore Bootery
Fall River—D. F. Sullivan
Fitchburg—W.C. Goodwin, 342 Main St.
Fort Dodge—Schill & Habenicht
Galveston—Fellman's
Grand Rapids—Herpolsheimer Co.
Hagerstown—Bikle's Shoe Shop
Harrisburg—Orner's, 24 No. 3rd St.
Hartford—86 Pratt St.
Houston—Clayton's, 803 Main St.
Huntington, W. Va.—McMahon-Diehl
Indianapolis—L. S. Ayres & Co.
Jackson, Mich.—Palmer Co.
Jacksonville—Golden's Bootery
Jersey City—Bennett's, 411 Central Ave.
Johnstown, Pa.—Zang's
Kansas City, Kan.—Nelson Shoe Co.
Kansas City, Mo.—300 Altman Bldg.
Kingston—E. T. Stelle & Son
Knoxville—Spence Shoe Co.
Lancaster, Pa.—Frey's, 3 E. King St.
Lansing—F. N Arbaugh Co.
Lawrence, Mass.—G. H. Woodman
Lexington Ky.—Denton, Ross, Todd Co.
Lincoln—Mayer Bros. Co.
Little Rock—Poe Shoe Co., 302 Main St.
Los Angeles—505 New Pantages Bld..
Louisville—Boston Shoe Co.
Lowell—The Bon Marche
Mason City—Woodruff Shoe Co.
McKeesport—Wm. F. Sullivan
Milwaukee—Brouwer Shoe Co.
Minneapolis—21 Eighth St., South
Mobile—Level Best Shoe Store
Montgomery—Campbell Shoe Co.
Morristown—G. W. Melick
Mt. Vernon, N. Y.—A. J. Rice & Co.
Nashville—J. A. Meadors & Sons
Newark—897 Broad St. (opp. City Hall)
New Britain—Sloan Bros.
New Haven—153 Court St. (2nd floor)
New Orleans—109 Baronne St. (Room 200)
New Rochelle—Ware's
New York—22 West 39th St.
Norfolk—Ames & Brownley
Oakland—205 Henshaw Bldg.
Omaha—1708 Howard St.
Passaic—Kroll's, 37 Lexington Ave.
Pawtucket—Evans & Young
Peoria—Lehman Bldg., (Room 203)
Philadelphia—1300 Walnut St.
Pittsburgh—The Rosenbaum Co.
Pittsfield—Fahey's, 234 North St.
Plainfield—M. C. Van Arsdale
Portland, Me—Palmer Shoe Co.
Poughkeepsie—Louis Schonberger
Providence—The Boston Store
Reading—Sig. S. Schweriner
Richmond, Va.—Seymour Sycle
Rochester—148 East Ave.
Rock Island—Boston Shoe Co.
Saginaw—Goeschel-Brater Co.
St. Louis—516 Arcade Bldg.
St. Paul—5th & Cedar Sts.
Salt Lake City—Walker Bros. Co.
San Antonio—Guarantee Shoe Co.
San Francisco—Phelan Bldg. (Arcade)
Savannah—Globe Shoe Co.
Schenectady—Patton & Hall
Seattle—Baxter & Baxter
Shreveport—Phelps Shoe Co.
Sioux City—The Pelletier Co.
South Bend—Ellsworth Store
Spokane—The Crescent
Springfield, Ill.—A. W. Klaholt
Springfield, Mass.—Forbes & Wallace
Stamford—L. Spelke & Son
Syracuse—136 S. Salina St.
Tacoma—Fidelity Bldg.
Terre Haute—Otto C. Hornung
Toledo—LaSalle & Koch Co.
Trenton—H. M. Voorhees & Bro.
Tulsa—Lyons' Shoe Store
Utica—Room 104 Foster Bldg.
Waco—Davis-Smith Booterie
Waltham—Rufus Warren & Sons.
Washington—1319 F St.
Waterbury—Reid & Hughes Co.
Wheeling—Geo. R. Taylor Co.
Wilkesbarre—M. F. Murray
Winston-Salem—W. C. Wright & Co.
Woonsocket—Martin Shoe Co.
Worcester—C. J. MacInnes Co.
Yakima—Kohls Shoe Co.
Yonkers—Louis Klein, 22 Main St.
York—The Bon Ton
Youngstown—B. McManus Co.
Zanesville—J. B. Hunter Co.

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Youth is Flexible

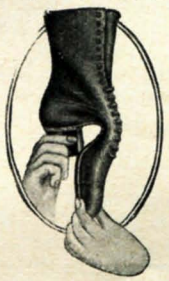
Girlish Grace is Impossible if Your Feet are Bound

CANTILEVER SHOES, with their flexible arches, give your feet a new freedom that will reflect itself in your posture and walk. In every move you make on your feet, they will help you, whether you are playing with baby, reaching for something on a shelf, dusting pictures, getting in a car or shopping. In Cantilevers, you have a gentle, flexible arch support that permits your feet to exercise and strengthen. Cantilever Shoe arches are flexible like your own arches. They aid the circulation of your blood. In them you will walk with more grace and perform your pleasures and duties with an unhampered freedom that will increase your tirelessness (your vitality) and change everyday activities into beneficial exercises.

In ordinary shoes with their stiff unyielding arches and unnatural lines your whole bearing is unconsciously stiffened. The muscles of your body as well as your feet are strained. "Weak foot" develops and you cannot walk with natural grace. Gradually the marring marks of age creep in. Age is manifested by impaired circulation and lack of flexibility. Youth is elastic—supple. Youth can be prolonged. The choice is yours whether people read the signs of age or the freshness of youth in your face.

Play golf or tennis, dance, or do calisthenics if you wish, but don't offset the beneficial effects of such exercise by wearing shoes with stiff, unyielding arches when you are walking, standing or working. In Cantilevers you will find supreme comfort, support that permits helpful foot exercise with every step, low heels wedged to make you walk correctly, natural lines and room for the toes. These special features have not taken away from their trim appearance. They are finely made of splendid materials and are reasonably priced.

Shoes that do not bear the Cantilever trade-mark are not Cantilever Shoes. Avoid substitution. Cantilevers are sold everywhere—but by only one exclusive dealer in each city (except New York), where they are properly fitted by experienced men. If none of the dealers listed at the left is near you write the manufacturers, Morse & Burt Co., 7 Carlton Ave., Brooklyn, N. Y., for the address of a nearby dealer and an interesting booklet about comfortable shoes. If you forget your dealer's address, 'phone "Tel-U-Where" in the larger cities and they will tell you where.



Cantilever Shoe

Endorsed by Women's Colleges, Women's Clubs, Public Health Authorities, Physicians, Osteopaths, Directors of Physical Education, Editors, Stage Celebrities and prominent women everywhere

The Next Generation—Built of Athletic Girls

(*Continued from page 56*)

heritage, the peculiar traditions which go with a complete and rounded life. They have heard of them; they have seen men engage in activities from which they were barred; they have had a theoretical knowledge of it all—but they have never been able to teach it, to pass it on, because it has never become a living reality in their own lives. You can't teach convincingly a thing which you do not know yourself at first hand. You may teach it after a fashion, but you won't put it over with the same force.

Let me emphasize once more the point that participation by our girls in athletics would give them a first-hand experience in the art of Concentrated Living; and that the emphasis which is ordinarily placed on athletics for girls on the ground that it will give them physical strength, and will prepare them for the physical functions of motherhood, is only *half the truth*, and the less important half of it at that. A first-hand, vigorous participation in athletics is a training for the mind and the heart as well as for the body. It is an instrument for producing character. It calls for delicate nervous adjustments; for power of initiative; for that concentration of the mind called Attention, which is the very essence of will power; for high and generous enthusiasm; for courage, for honesty, for team-work; for that ability to recognize a fact as a fact which has always been considered a masculine endowment; and for thoughts that tend away from self and toward others, thoughts that are centrifugal rather than centripetal. The by-product of that sort of thing is Character. Athletics is one of the most direct roads to it.

That a generation of athletic girls would produce physically more perfect children goes without saying. But that they would pass on the athletic tradition and its by-product of Character to future generations in a way which men can't pass it on, is not so obvious to most persons. Train a boy, and most of what he absorbs dies with him; train a girl and you have invested capital for all the future generations at generous compound interest. Teach a girl to play games and to live right, and you have taught unborn generations to do it.

Train a boy and you invest solely in him. His biological, social, and economic function is such that it tends to make him self-centered and selfish; he gains his ends in life through a concentration of his energies; he tends to lead a self-regarding life. Women are quite different. If they were not the race would have passed out long ago. They are the great balance-wheel of the world, the great conservative and conserving force of society; through them we have life and that eternal fidelity to function without which we must go backward and perish. Enlist that enormous reservoir of energy to do its work in the world, untrammeled, and it will make permanent every sound step forward that the race can take. When women are fully released society will have tapped the very sources of abundant life.

Girls are the responsible stewards of the future. They are capable of shaping the destinies of the lads who are their playmates and future husbands, and the destinies of the lads whose mothers they are to be.

It is not without reason that girls mature earlier than boys; that they acquire at an earlier age a consciousness of sex and its responsibilities, together with a sense of practical values, which boys don't develop for another decade. A girl of eighteen is a woman, capable of being the sympathetic companion of mature men; a boy of eighteen—well, we all know what a boy of eighteen is; especially those of us who have been there.

In the world of the ancients there were periods of matriarchal government in many countries, and there are obscure regions today where that system still prevails. Not at all an illogical notion, that—to entrust the tribal welfare to hands most definitely interested in maintaining it intact for the uses of generations to come.

But is there no side to this question which does not have to do with the

(*Continued on page 70*)

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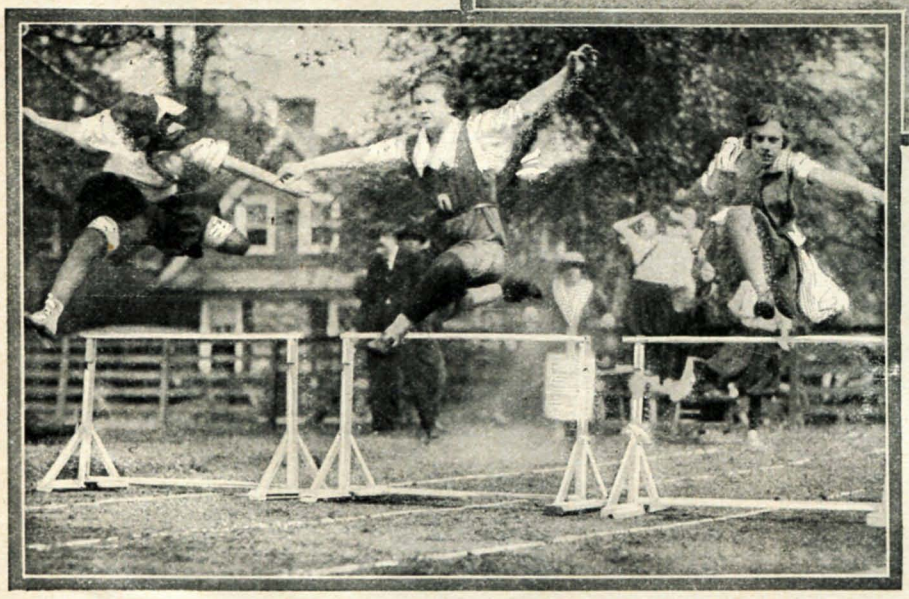

Copyright Keystone View Co., New York.

Tug o' war is an exceedingly strenuous diversion for the fairer sex, and perhaps not generally to be recommended except for very young girls who are not likely to so overstrain themselves as to accomplish injury. The hurdle race shown at the left, is more strictly in line with the activities suitable for properly trained girls in, above or below their teens.

Why Be a Weakling—

When You Can Be a MAN Like This?

WHY be a weakling, when you can be a man like W. B. Hobert, Jr.? Why be only half alive, when you can thrill with the joy of living? Why be satisfied with a drab existence, when you can be gloriously alive, with sound nerves and firm muscles, and a healthy, vigorous body? Why be a weakling, when you can be a he-man?

Look Mr. Hobert over. Just look at the depth of his chest, the girth of his arms, his slender yet muscular waist, his sturdy legs, and the pleasing, symmetrical lines of his physique. And above all, the snappy, aggressive face. Isn't he your idea of what a he-man should be?

Here's a man to tie up to—a real go-getter. The sort of a man who is a comfort to his friends and a terror to his enemies. A splendid specimen of muscular manhood, with all the pep, energy and vitality that come with a perfectly developed body.

Wouldn't any man be foolish to remain weak and undeveloped when he could be like Mr. Hobert?

Just think what it would mean to you to be a man like this! To have the sound nerves and firm muscles of a super-man. To have good, red blood singing through your veins and to thrill with the joy of living. To have energy and vitality supreme. Is not all this well worth while?

W. B. HOBERT, Jr.
A Milo-Built Man.

Weakling or He-Man? It's Up to You.

IT is up to you to decide whether you will go through life a weakling or whether you will be a real man in every sense of the word. It makes no difference how weak or undeveloped you are right now. If you want to better your physical condition, and are willing to spend a few minutes a day in pleasurable, health-giving exercise, we can show you how you can be a man like Mr. Hobert. He says:

"Personally, I do not believe that there is a system on the face of the earth that can compare with your system of exercise. In my estimation, there are two kinds of bar-bells, Milo—and the others. I have had a chance to use many different makes of bells, but have never found any of them as convenient as the Milo bell. I believe the Duplex bell is the most perfectly built, perfect balanced bell I have ever used.

It is my sincere hope that I may be instrumental in inducing others to take advantage of your wonderful course of strength and body-building exercises."

Sincerely yours,
W. B. HOBERT, JR.,
Jackson, Miss.

These exercises bring into play each and every muscle of the body, strengthening and developing all parts equally. Every muscle, nerve and organ is stimulated and refreshed. You enjoy the beneficial effects of the exercises immediately, and in a few short months you have a body of which you are justly proud.

Why be weak and sickly? Health and strength are yours for the asking.

Health and Strength—How to Obtain Them

TWENTY years ago we originated the Milo Method of Body Building—a method so simple and easy that even a child could follow it, but so effective that it has developed more perfect specimens of muscular manhood than all other "systems" combined.

The Milo Method saves your time and energy. Thru the expert knowledge we have gained during the past twenty years, we have discarded the conventional, time-worn methods that waste both time and energy, and have evolved a system that fits itself to your needs. No matter how weak or undeveloped you may be, we can give you exercises that will go right to the root of things and will give you sound nerves and firm muscles, and a perfectly functioning body, replete with energy and vitality.

With no obligation on your part, we will send you a copy of our booklet, **Health, Strength and Development—How to Obtain Them.** It will show you how you can be a man like Mr. Hobert. Send for it today.

The Milo Bar Bell Co.

Physical Culture Specialists and the largest manufacturers and distributors of bar bells, dumbells and kettle bells in the world.

Dept. P, Third and Diamond Sts., Philadelphia

National Physical Culture Week

May 1 to May 8

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Walking for Pleasure and Sport: By J. B. Pearman, former National Walking Champion.

The Government of College Sport: By Walter Camp.

Diet or Exercise? By Jonathan Earle.

The Fastest Man on the Diamond: By J. C. Kofoed.

Making the Most of Yourself in Pictures: By Alan Calvert.

Head Locks and Chancery Holds: By Wm. J. Herrmann.

Lifts and Their Popularity: By Geo. F. Jowett.

If you have red blood in your veins—or if you want to have—you will enjoy every page of every issue of STRENGTH. The May issue is now on sale at all news stands.

You can obtain a copy from your news dealer. Or better still, send us your subscription direct.

The Milo Publishing Co.,
Dept. P, Third and Diamond Sts., Philadelphia

$100 a Week
FOR DRAWING

How would *you* like to make $100 a week as a commercial artist? If you like to draw, you are indeed fortunate—for well-trained artists are *always* at a premium. They readily earn $75, $100, $150 a week, and even more. You will not have to wait for years to get a *good* income, for beginners with *practical* ability soon command $50 a week.

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Leading illustrating companies, designers, artists, and hundreds of successful Federal Students have enthusiastically endorsed Federal Training. You get the advice and experience of men who have produced and sold *hundreds of thousands of dollars' worth of commercial art*—through exclusive lessons contained only in the Federal Course.

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Now is the time to investigate! By all means send for this book. It is beautifully illustrated in colors, and tells every detail you need to know about the Federal Course. Shows work of Federal Students, many of whom *earn more than the course costs* while they are studying. The almost unlimited opportunities in this field will surprise you. The Federal Course is aimed at practical results—and gets them. If you are ambitious to succeed in commercial art, you cannot afford to be without this book. If you are in earnest and 16 years old or more, write today for this free book, kindly stating your age.

Federal School of Commercial Designing, 1253 Federal Schools Building, Minneapolis, Minn.

Please send me "Your Future", without charge or obligation.

Name.....

Age....Occupation.....

Write your address plainly in margin.

The Next Generation —Built of Athletic Girls

(*Continued from page* 68)

maternal function? Are women merely machines for producing children? I should be sorry if the emphasis I have placed on that side of it should seem to imply that there is no other. There is another.

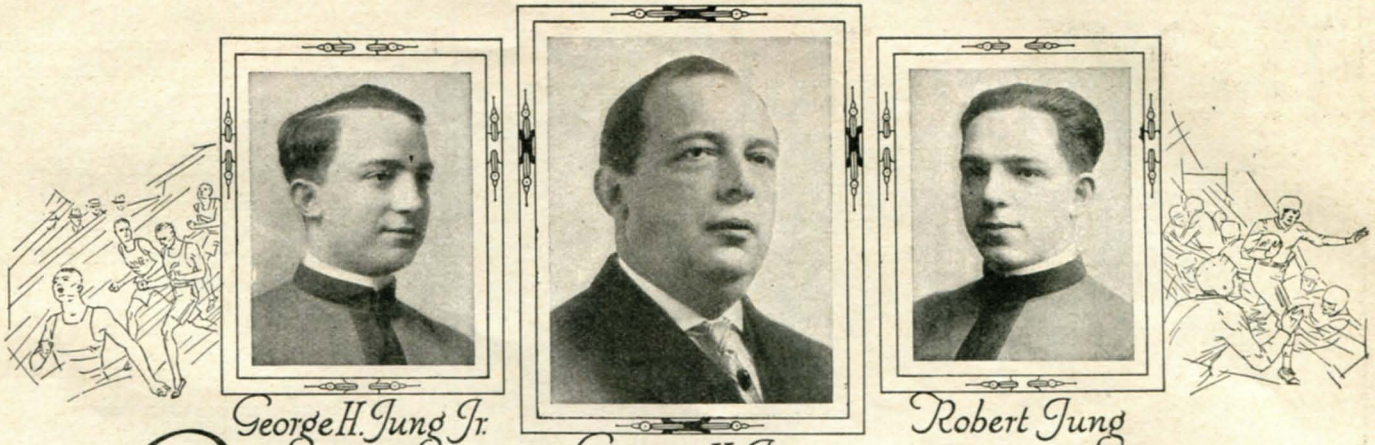
Adequate attention to athletics for girls in the schools of the whole country would in a generation produce women who would be far more capable of taking care of themselves, and of thinking and acting independently, than is the present generation of women, who are the fruit of the old tradition.

Not only that, but women would be physically capable of doing more work; and their greater physical endurance would enable them to take a more active part in the work of the world, and in public and governmental affairs, than is now possible. Naturally quite as energetic as men, if not more so, they would have the strength to put their energies to varied uses in the same fields with men.

The social and economic value of this would be enormous. One reason is that women have a natural gift for high enthusiasm, and an ability to put forth conscientious effort which gives a peculiar value to what they do. A case in point is the fact which every university teacher knows, that girls are more thorough and conscientious students than boys, and that for the most part they write better English than boys, and they think straighter. Of course their relatively greater maturity comes in there. I am not implying either mental superiority or inferiority on either side. I am referring to the difference of motive and the corresponding difference in effort and concentration. Boys don't care. Girls do. And, to a large extent, men don't care, and women do—in most of the truly vital issues of life.

What all this would mean in terms of the changed relations which would exist between men and women is so clear as to need no extended comment here. One of the prime causes of domestic unhappiness for instance, has always been the economic dependence of the wife, and the fact that such dependence has destroyed the essential equality which should exist between husband and wife. Right human relations under such a condition are difficult to maintain. And if, as is too often the case, the wife be lacking in the physical vigor and mental vigor which would enable her, if necessary, to assert herself, and to strike out for herself, then the difficulty is increased a hundred-fold. She becomes a creature and a slave,

(*Continued on page* 72)



George H. Jung Jr. George H. Jung Robert Jung

What I learned about feet from my boys at school -

George H. Jung's own story of the development of a new method of helping tired and aching feet—How he profited by the experience of his boys, George Jr. and Robert, in their running races and Football games.

By GEORGE H. JUNG
Inventor of Jung's Arch Braces

"I am getting on in years now, but my feet feel younger than they did 30 years ago. And I have my two boys, George and Robert, to thank for it.

"It happened this way.

"I had suffered from foot troubles for years.

"After working in my office and factory all day my feet would be hot and burning. There was pain in the heel, instep and ball of my foot and annoying callouses on the soles. Ankles were tired. Tendons were sore. Often the pain extended up my leg.

"Nothing I tried seemed to do any good. Various supports were recommended. I tried them one by one. But while some seemed to give temporary relief the old aches and pains would come back again. The trouble with my feet grew worse from year to year.

"I didn't realize then what had happened, but from the studies I have made in recent years I know now that my arches had become weakened, as is the case with hundreds of thousands of men and women. This had put an unnatural strain on the muscles and tendons of my feet and ankles. And what I needed all the time was some way of helping the muscles, so that they might regain their former strength. The various supports I have tried would take off the strain for a time but they did not help in any way to repair the damage that had been done.

* * * *

"In the meantime my two boys, George and Robert, had been growing up. They were always lively, healthy boys. They liked outdoor games, like all real American youngsters.

After a while they entered high school. George made the football team. Robert's specialty was running foot races.

One day they came home from school and found me sitting down with my shoes off. I must have looked "all in". I certainly felt that way. My feet seemed worse than ever, soles burning, pains in my ankles and instep.

"What's the matter, dad?", George asked.

"I guess I know," his brother said. "Feet"; eh, dad? Same old trouble, isn't it?"

I didn't answer, for Robert had guessed it, and my face must have showed it plainly enough.

They stood there looking at me. Their faces showed they felt sorry. They were the picture of health, strong and active, without any aches and pains. And I must have looked just the opposite.

Suddenly George looked at me and said, "Dad, why don't you do what we do on the team? You know when we play a hard game of football our feet are under an awful strain. So we strap them up, as a protection, to give them the support they need. Why don't you try strapping your feet? I'll bet it would give you relief right away. And you'd probably find it would help the muscles so that in time they get back some of their old-time strength,"

* * * *

"Well, to make a long story short, I followed that suggestion. I strapped up my feet with tape, my boys helping. *Almost at once I noticed an improvement.* The strapping was a crude performance compared to our present arch braces. But it was a starting point. It gave me the idea that has since meant foot comfort for thousands.

"Seeing what wrapping with tape would do, I set about, with the help of my boys, to perfect some sort of similar device that could easily be applied and removed. At the same time I wished to overcome the numerous other inconveniences and bad effects of the strapping method. *Jung's Arch Braces are the result.*"

Send for the FREE BOOKLET

To learn all about Jung's Arch Braces—the origin of which Mr. Jung has told you above—send to-day for this free booklet.

It not only gives complete information about the braces themselves but also tells facts everyone should know about

- **tired and aching feet, their cause and cure**
- **symptoms and effect of fallen arches**
- **construction of the foot**
- **how to relieve burning sensation in the sole of the foot**
- **how cases of cramps in the leg may be relieved**
- **the anatomy of the foot**
- **the twenty-six bones of the feet, and how to protect them from breaking down under strain**

Illustrated with X-Ray pictures of the feet—diagrams of the foot structure, etc., etc.

This is a booklet that everyone should have. Even persons with well feet have benefited by the information contained in these pages. Send for your copy today. It may mean all the difference in the world to your comfort and well-being, now and in the future. *One copy free. Additional copies 10c each. Use coupon below.*

Jung's Arch Braces

gives real foot comfort

Hundreds of thousands of pairs already sold

You can stand or walk for hours without tired and aching feet, if you wear Jung's Arch Braces. You can perform your daily duties in uninterrupted comfort. You can feel fit to enjoy your evening of pleasure without the slightest thought of your feet.

Jung's Arch Braces correct fallen arches and weakened conditions of the feet, instep and ball of foot, as well as callouses, cramped toes and weak ankles. Worn over the stockings, entirely out of sight. *Hundreds of thousands of pairs already in use by men and women.*

The quickest way to get foot relief is to get a pair of Jung's "Wonder" Arch Braces now. You run no risk. They're guaranteed to make your feet feel better. No matter what other braces, supports or similar appliances you have used, try a pair of Jung's Arch Braces and see what a difference they make. The most durable and corrective appliances obtainable. Made of special "Superlastik," light and porous but firm and durable. *Money back if not satisfied.* Price $1 per pair (Canada $1.50).

If your shoe dealer, surgical dealer, druggist or chiropodist can't supply you, order direct. Use coupon below.

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552 Jung Bldg., Cincinnati, Ohio.

Use this "Foot Relief" Coupon today

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I wish to get relief from foot troubles.

For Free Booklet check here ☐ *Please send me one copy of Booklet telling about Jung's Arch Braces, FREE.* (Additional copies 10c each.)

For pair of braces, check here and enclose $1 (Canada $1.50) ☐ *Send me one pair Jung's Wonder Arch Braces.* My shoe size is. . . . , width. . . . *I enclose $1.00 in payment,* with the understanding that this will be refunded if the braces do not prove satisfactory. (If in Canada, enclose $1.50).

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The Wonderful Thing

IN LIFE IS

WOMAN'S SECRET CHARM

What Is It? How Can It Be Acquired?

Are You Lonely?

Many a woman today, who craves companionship and love, suffers in silence without knowing why she is neglected. The *secret* of woman's charm is that natural physical perfection which lends enchantment wherever she goes—the thing that makes her WOMAN in the first place—irresistibly draws man to her. That charm is her "physical beauty."

Bust Pads Will Not Do

No man loves a dummy. There is no appeal in false, physical make-up. Man cannot be deceived. You must be a REAL woman, and because you are, you will want to be as perfectly developed as nature meant you to be.

You Have a Friend

Science comes to your rescue, in the perfection of a wonderful invention which will expand and enlarge the bust of any woman in a surprisingly short time, no matter what the cause of under-development. No creams, no medicines, no electrical contrivances, no hand massage, no fake free treatments to deceive you—but a simple, effective, harmless home developer which you use a few minutes night and morning. That is all there is to do. Nature, thru the physical excitation and stimulation of this wonderful invention builds up flabby, lifeless tissues into the rounded contour of perfect beauty which every woman secretly craves.

You Can Now Be Happy

and sought after and admired and loved, if you will let us tell you about this remarkable developer, which is the only real method known for permanently enlarging a woman's bust to its natural size and beauty.

Its Results Are Wonderful

Dr. C. S. Carr, former physician of national reputation, says of this physical culture invention:

"Indeed, it will bring about a development of the busts quite astonishing."

Actress "The Follies Company" writes:

"This invention has done wonders for me, having developed an attractive bust of FOUR INCHES in the short time of THREE WEEKS—was never larger than a child's. I cannot express how delighted I am in this changed appearance. I take pleasure in recommending it to my friends of the profession."

Let Us Tell You FREE

without the cost of one penny, just how you may acquire this irresistible charm of womanhood that comes instinctively with a wonderfully developed figure. Send your name and address today and prepare for the happiest moments of your life.

Mail The Coupon Today

The Olive Company, Dept. P, Clarinda, Iowa, U. S. A.

Please tell me all about your wonderful invention for women, without cost or obligation to me. (This information under sealed postage.)

Name.....

Street.....

City and State.....

(*Continued from page* 70)

protected, if the worst comes to the worst, by the entirely inadequate institution of Divorce with Alimony.

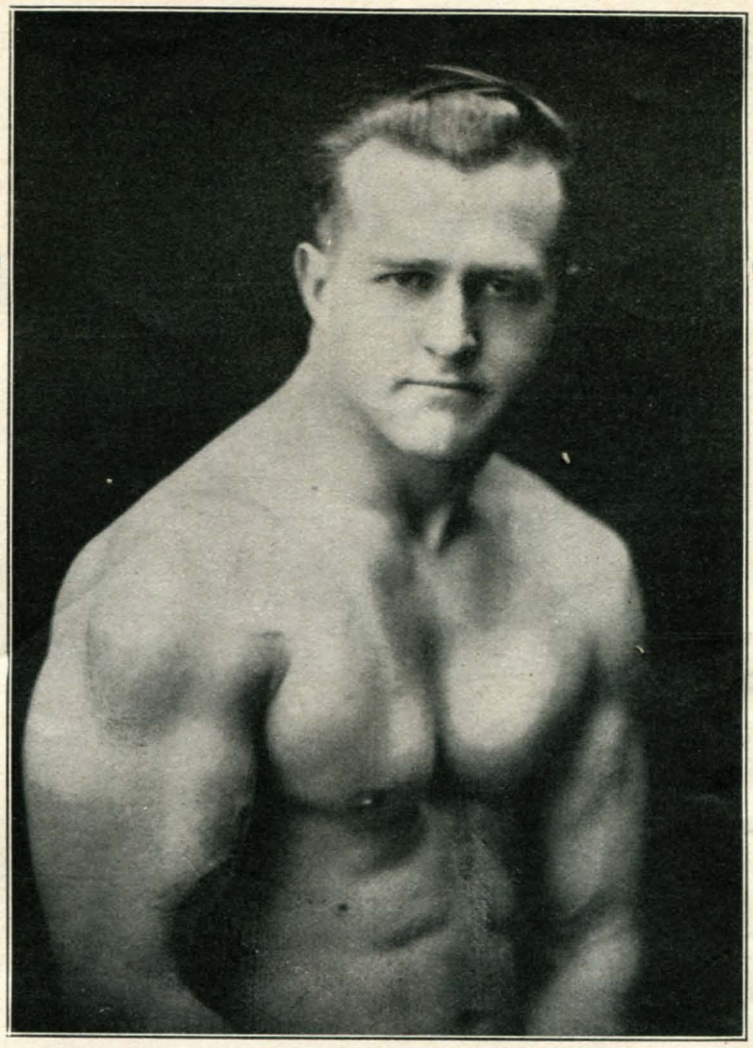
Complete dependence on another person means, at bottom, subjection to that person. It may not show its head above the amenities and conventions of life, but it is there; and the husband and wife are both conscious that it is there, backing up the "Obey" clause in the marriage ceremony. I cannot but believe that many women's personalities are depreciated and diminished in value by this consciousness, and that their ability to give to the world all that they might render in terms of thought and intelligent and courageous service is correspondingly lessened.

The American woman has gotten further away from this ancient condition than any other; but the American woman, in spite of the fact that she has recently become politically free, is not yet socially free. There is still much to be done. What remains to be done can be accomplished only by a generation of strong women, with a developed heritage of physical strength. The vote has unshackled women politically. If school girl athletics be now brought in to make possible a completion of that work, then—we shall see—we shall see!

Looking back over what I have written, with those pictures for a start, I perceive that somebody is inevitably going to exclaim, "What astonishing views for a man to hold!" Well, well—I didn't always set myself up as a traitor in the masculine stronghold. I remember the time when I was about as hotly in rebellion against the notion of giving women the vote as one could be. Since then, however, I have had a chance to explore some of the rottenness that exists in the foundations of this so-called stronghold; and I have been forced to the conclusion that the sooner men stop fighting off an effective intervention in their lives by their mothers and wives and sisters and sweethearts, the greater will be their freedom, and the straighter their path to Heaven. As a man, I'm sorry to have to admit the damaging fact, particularly in a mixed metaphor; but that's about what these athletic girl pictures seem to me to boil down to. Take another look at them and see.

Print Your Name to Make It Legible

WE take this occasion to make a correction in the matter of the name of Mr. John F. Rau, now of Clearfield, Pa., whose photograph was published in the March PHYSICAL CULTURE, with his name misspelled John F. Ran. The imperfections of hand-writing are such that it is difficult to distinguish n from u. People often write signatures carelessly, even after writing a perfectly legible letter. Someone once said "Write your name, not your signature." The income tax blanks very discreetly required of us to print, not write, our names and addresses.



Latest Photograph of Earle E. Liederman. Taken February, 1922.

How Do You Look in a Bathing Suit?

Are you proud or ashamed of your appearance? Do you often long to hide your skinny arms or legs, your flat chest or your narrow shoulders? Perhaps you are one of those with a stout abdomen, which not only hinders you in your every effort, but is the most unpleasing in the eyes of others. Are you satisfied to go through another summer just as you are today? Or do you have that longing for big, broad shoulders, massive, muscular arms, well shaped legs and a deep powerful chest? These are the possessions we long for as we step out on the beach. For at this time you are judged by your physical appearance. It is now up to you as to whether others will admire you or scorn you.

Why All This Muscle?

With massive muscles come mighty strength, powerful personality, tireless energy. You will also possess internal organs which function properly thus causing your entire being to fairly thrill with life and vitality at all time.

A Real Strong Man

You can be one. Now is the time to start. You can completely change your physical appearance before the summer is over. You can fill out your chest, broaden your shoulders and develop arms to be justly proud of. And with it you will attain the vim and pep that only a real live blooded athlete knows. Those who now look at you and smile will envy you for your physical charms. They will look up to you and respect you. Get busy then, for time flies. Summer will soon be here. What impresssion are you going to make? Decide right now that this dominant physique will be yours.

EARLE E. LIEDERMAN
Dept. 66 305 Broadway New York

Send for My New Book "Muscular Development"

It contains 26 full page photographs of myself and some of the athletes I have trained. This book is bound to interest you and thrill you. It will be an inspiration to you. There is not another book like it on the market. I want every man and boy who reads this page to send for a copy. *It is absolutely free.* Remember, this does not obligate you in any way. I want you to have it, so it's yours to keep. All I ask you to cover is the cost of wrapping and postage—10 cents. Now, do not delay one minute. This may be the turning point of your entire life. Tear off the coupon and mail at once while it is on your mind.

EARLE E. LIEDERMAN
Dept. 66, 305 Broadway, New York City

Dear Sir:—I enclose herewith 10 cents, for which you are to send me, without any obligation on my part whatever, a copy of your latest book, "Muscular Development." Please write or print plainly.

Name.....

Address.....

City.....State.....

Making National Physical Culture Week

(*Continued from page 37*)

people are nursing tissue poisons of their own making and flooding their minds with sewage which they would not dream of putting into their stomachs. The flabby men of this generation are unquestionably going backward. Physical culture, in all that the phrase implies, will sweeten their bodies and help to take a lot of functional excitement out of their minds. I am enthusiastically for any step forward that will help to halt this nation's stampede in the direction of inertia, slothfulness, water-logged fat, and spineless manhood.

ALFRED W. MCCANN.

"Go to Bed Early," says Mary Pickford

If there is one thing that the American people should do first of all during Physical Culture Week, and also the year round, it is to go to bed early. Staying up at night is our greatest national vice. It makes it impossible to enjoy the most beautiful part of the day, the early morning.

I always eat less than I feel that I want. My greatest pleasure on this last trip to New York was my long walk out in the snowstorm.

For Physical Culture Week, try going to bed early, getting up early, taking long walks, eating sensibly and always less than you want, and then see what it does for you.

MARY PICKFORD.

Senator Willis Emphasizes Mental Benefits from Physical Culture

The slogan "To Build A Stronger Nation," which you have chosen to stress the import of National Physical Culture Week, is so well chosen that to me it seems the week from May the 1st to May 8th might well be termed "To Build A Stronger Nation Week." At all events I very much approve of such a recognition, and I trust that National Physical Culture Week will serve to the greatest possible degree the fine and valuable purpose it is proposed that it serve.

If physical culture aided only one's physical being it would be well worth while, but it does more, for it develops the mind as well; it gives poise, creates confidence and determination, all of which qualities tend toward making life what life at its best should be.

Yours very truly,

FRANK B. WILLIS.

Photo by Melbourne Spurr, Los Angeles

Arthur Brisbane.

One of Our Most Fundamental Needs

In my judgment one of the most fundamental needs of the American people at this time is a revival of interest in physical culture. I mean by this more than a mere general study of the subject without practical results. Too often movements of this kind are confined to cursory discussion and do not develop concrete and workable plans.

Certainly no one can deny that the physical health and strength of America form an indispensable basis of progress and development along all other lines. Hence physical culture has a moral, and at the same time an intensely practical value which we cannot overlook without serious damage to the nation.

Therefore, I trust every patriotic and progressive American will unite in making Physical Culture Week notable in the annals of our country, and that new impetus, both to the study and practice of this basic form of human effort, will result.

MORRIS SHEPPARD,
U. S. Senator from Texas.

Copyright International Photo Service, New York City

George Gray Barnard at work.

The Opinion of a Great Sculptor

The human life of our globe can have no greater truth brought to its daily consciousness than that man's body is God's greatest temple for the building of our immortality.

GEORGE GRAY BARNARD.

Houdini's Greatest Asset

It is only my clean living and early training in cross-country running and swimming that have enabled me to undergo endurance tests which would otherwise be physically impossible. The greatest asset to any human being is physical fitness. No combination can beat a healthy brain in a healthy body.

HARRY HOUDINI.

Judge Lindsey Puts the Story in a Nutshell

Proper physical activity, cleaner living and higher ideals, would solve a multitude of problems.

BENJAMIN B. LINDSEY.

An Editorial Sermon on Physical Culture

BY ARTHUR BRISBANE.

(The following extracts are quoted from Arthur Brisbane's brilliant editorial appearing in the Hearst newspapers of March 5th and many other newspapers.)

(Continued on page 76)

Copyright Keystone View Company, New York City

Harry Houdini.

How to Rid Yourself of Catarrh

QUICKLY! PERMANENTLY! Without Drugs or Medicines of Any Kind

Tonsils and Adenoids Cured Without Operation

By R. L. ALSAKER, M. D.

IN children catarrh is often accompanied by sore, enlarged tonsils and adenoids. When this occurs the child becomes a "mouth-breather," the palate is often pushed upward, and the teeth thrown out of line. Mouth breathing is often the cause of laryngitis, bronchitis and asthma.

Dr. Alsaker was consulted by the parents of a little boy named Jimmy. Other physicians and the school nurse said that Jimmy's tonsils must be removed. He had been sensitive and nervous since infancy, he had indigestion and catarrh, and was a confirmed "mouth-breather." Night sweats occurred at times and sore throats were common.

R. L. ALSAKER, M. D.
Founder and Director
The Alsaker Way

Jimmy was too slender and too pale. His tonsils were so large that they almost met when examined. Of course he had adenoids too. He had profuse nasal discharge, and was fidgety and capricious and had already become somewhat deaf.

The parents feared to have Jimmy's tonsils removed, for they had heard of a child who had bled to death after this operation.

Dr. Alsaker applied his simple methods for the cure of catarrh to Jimmy's case with marvelous results. In a few weeks the catarrh had vanished, the tonsils had shrunk back toward normal, the adenoids disappeared, and Jimmy became a healthy little animal, breathing as freely as any child.

Removal of the tonsils by the knife is not a very safe operation. Death occasionally results; often the sore throat persists. Removing the tonsils is merely cutting out a symptom. Enlarged tonsils and adenoids are both merely effects of wrong living. Dr. Alsaker's common sense, proved-out plan removes the cause of these dangerous conditions.

* * * *

The majority of the people in our country suffer from catarrh. Some have it from time to time, others have it all the time.

"Catarrh of the head is troublesome—and filthy. Catarrh of the throat causes coughing and much annoying expectoration. When the catarrh goes into the chest it is called bronchitis. If it is allowed to continue it becomes chronic, and chronic bronchitis means farewell to health and comfort. It robs the sufferer of refreshing sleep and takes away his strength. It also weakens the lungs so that the individual easily falls a victim to pneumonia or consumption.

"Then there is catarrh of the stomach and small intestines, which always means indigestion. Catarrh of the large intestine often ends in inflammation of the lower bowel—colitis.

"Catarrh of the ear causes headache, ringing in the ear and general discomfort.

Catarrh Causes Serious Disease

"Catarrh of the liver produces various diseases, such as jaundice and gall-stones, and often ends in much suffering from liver colic.

All who easily catch cold, are in a catarrhal condition. Those who take one cold after another will in a short time suffer from chronic catarrh, which in turn will give rise to some other serious disease—as if catarrh itself isn't bad enough.

"Either you personally suffer from catarrh, or some member of your family is afflicted. Isn't it time to give this serious danger a little attention, before it is too late, and solve the problem for yourself? You can do it. It's easy.

"Catarrh can be conquered easily and permanently. It has been done in thousands of cases. You can cure yourself—and while you are losing your catarrh you will lose your other physical ills. That dirty tongue will clean up; that tired feeling will vanish; that bad taste in the mouth will disappear; that troublesome gas will stop forming in the stomach and bowels; and the pain will leave your back; headaches will take flight; rheumatism will say good-bye and those creaky joints will become pliant."

Realizing the great need of definite, practical information regarding this terrible disease, catarrh, Dr. Alsaker has prepared a plain, simple instruction book on **the cause, prevention and cure of catarrh, asthma, hay fever, coughs and colds, swollen tonsils and adenoids.** This book is entirely free from fads, bunk and medical bombast. It sets forth a common-sense, proved-out PLAN, that is easy and pleasant to follow—a plan that teaches the sick how to **get well** and how to **keep well.** The name of this book is "Curing Catarrh, Coughs and Colds." It tells the true cause of these objectionable, health-destroying troubles and it gives you a safe, simple, sure cure without drugs, medicines or apparatus of any kind. You apply this wonderfully successful treatment yourself, in your own home **without the expenditure of an additional penny.** There is nothing difficult, technical or mysterious about this treatment. It is so **easy to understand** and so **simple to follow** that any one, young or old, can reap the utmost benefit from it.

Nature's Laws Alone Cure

If you suffer from colds, coughs, or catarrh in any form, send only $3, to the publishers of "THE ALSAKER WAY," THE SUCCESS MAGAZINE CORPORATION, Dept 915, 1133 Broadway, New York, and get your copy of this valuable instruction book. Follow the instructions for thirty days; then if you are not delighted with the results—if you do not see a wonderful improvement in your health—if you are not satisfied that you have made the best $3 investment you ever made—simply remail the book and your money will be promptly and cheerfully refunded.

Remember this: If you want to free yourself forever from catarrh, asthma, hay fever, coughs and colds **you can do so.** Dr. Alsaker's treatment is not experimental. It is proved-out and time-tested. And it includes no drugs or serums, sprays or salves. And it costs nothing to follow, while doctor's bills, prescriptions, and so-called patent medicines that **do not cure.** soon eat a big hole in any man's income.

Send for **this book** today. Follow it faithfully and you will experience the same splendid results that thousands of others are receiving.

EDITOR'S NOTES

If you have been puzzled about the cause of catarrh, adenoids, and enlarged tonsils, this article is going to open your eyes and make you think. Read what these people say about Dr. Alsaker's methods.

"Had catarrh since childhood. Doctors unable to cure me. Now entirely well, thanks to your treatment."—S. N. R., Canada.

"Bronchitis from which I suffered for five years is now a thing of the past."—J. F., Indiana.

"I was badly troubled with catarrh and colds. By following Dr. Alsaker's instructions the disease has disappeared."—H. M., Canada.

(*Continued from page* 74)

"I will praise the Lord, for I am fearfully and wonderfully made."

Fearfully and wonderfully, but quite simply, when you know a little about the human machine. In various cities, including New York, there is to be a Physical Culture Week, most useful of the assorted "weeks" that have followed the war.

In care of the body, dwelling in which your mind works, the important rule is old Aristotle's "not too much, not too little." Not too much or too little exercise, food, work, play. There are a few things you can do for your body, then let it alone.

Of your fearfully and wonderfully made body the grades of importance rank as follows:

First, the brain. If that amounts to nothing YOU amount to nothing. You can do little for it, except exercise it with good thinking, feed it with wise reading and see that the blood supply on which it lives is pure, vigorous, thoroughly oxygenized.

Next to the brain comes the heart, engine that irrigates the body with life-giving blood. It carries food and oxygen, taken up in the lungs, to the billions of living, breathing, eating cells in your body. It brings back the body's impurities.

Third in importance are the lungs. The blood is the life, is the old saying. But without the purifying, oxygenizing power of the lungs the blood would become a poisoned, black, deadly fluid, and after a few heart beats life would end.

Fourth, after brain, heart and lungs, comes the stomach. It is the laboratory in which food is changed into blood, which later is changed into brain power and physical strength.

What is the physical duty of man?—to keep the brain clear, with regular sleep, good blood supply, wise temperate living.

To keep the blood pure and strong, with careful diet, of great variety, and especially to keep the blood thoroughly oxygenized, by deep breathing and the necessary exercise to cause deep breathing—such are the main duties.

Exercise is necessary to cause deep breathing. Exercise is necessary to cause perspiration, and keep active the billions of skin pores through which your body breathes. Everybody knows he would die if his breath were stopped. Few know that closing the pores would cause death just as surely.

It happened in Leonardo's day. Some children appearing in a festal procession were gilded, to look like little angels. The gilding closed the pores and they died, except one that Leonardo saved. When the skin does not work, eliminating impurities through the pores, the extra burden is thrown on the kidneys. An able doctor at Carlsbad used to say to his fat patients: "You take no exercise, you will die in winter. In summer, being fat, you perspire anyhow. In winter comes the trouble." Let fat men and women remember it—also thin ones. The pores of the skin, a second breathing system, are as important as the lungs.

Hence the importance of regular bathing and hard scrubbing. You have seen ditch diggers of wonderful health that take perhaps only one bath a year. But they take a perspiration bath every day. Their pores all breathe.

Important to those that begin to get old, a subject on which doctors talk too little, is the problem of insuring a prompt, complete return of venous blood.

The heart pumps the blood *out*, through the arteries, but does not pump it back again. It is forced back through the veins by muscular activity, kept from falling back by a marvelous valve system. But one great trouble, as age comes on and exercise diminishes, is imperfect return of the venous blood. You have heard of "varicose veins," an affliction endured by those that stand long hours, yet lead sluggish lives, because of the nature of their work. Those swollen, hideous veins show how the blood, pumped through the arteries by the heart, fails to return as it should.

Millions in middle life, without varicose veins, suffer none the less from sluggish blood return.

(*Continued on page* 78)

Daily Diet Suggestions for Physical Culture Week

By Bernarr Macfadden

AN orange or grapefruit should be taken, preferably ten or fifteen minutes before breakfast, followed by a glass of cold or hot water, as desired. Your appetite should guide you as to breakfast. If you have no appetite be satisfied with the grapefruit or orange.

BREAKFAST (For those desiring a light meal).

Choice of cereal:

Whole corn-meal, hominy, shredded wheat, grapenuts or cornflakes. Eggs any style, or fish.
Whole wheat bread, or toast and butter.
Cocoa or cereal coffee.

DINNER (The noon meal should be light if you expect to eat dinner at night.) I usually prefer to eat a hearty meal at noon. If you eat little or no breakfast, a hearty meal can be eaten at this time without the feeling of sluggishness that often follows a heavy meal. The lunch suggested is sufficient for a meal of this character. If a light meal is desired, leave out the soup, meat, or dessert.

Soup:

Creamed soup from peas, beans, potatoes or tomatoes.

Entrees:

Broiled Hamburger steak or beef cooked in any way desired, or eggs.
Choice of baked potatoes, beans, peas.
Choice of spinach, lettuce or other greens or salads.

Dessert:

Whole wheat shortcake or sponge cake covered with whipped cream, or toasted shredded wheat with honey and whipped cream.

SUPPER (This meal should preferably be light if one has eaten a hearty meal at noon.) I rarely eat anything except fruit and nuts, or something very light at this time of the day, my hearty meal being taken at noon. In fact my usual habit is one hearty meal a day, though occasionally I will miss my noonday meal and eat in the evening. The menu here suggested is sufficient for a hearty meal, and if you wish a light meal you can simply make selections therefrom.

Soup:

Creamed carrot, onion or celery soup.

Entrées:

Baked eggs, served with creamed mushrooms, or meat if desired.
Macaroni and cheese.
Choice of yellow turnips, sweet potatoes, or lima beans.
Tomatoes and lettuce, kale, or other salads or greens.

Dessert:

Whole corn-meal pudding, cooked without sweetening, served with honey and whipped cream.

I am not a strict vegetarian as many people imagine. I eat meat at frequent intervals. My favorite meat is broiled Hamburger steak, ground from the top cut of "round" steak. I rarely eat pork in any form. I never eat veal, lamb or any immature meats.

I never eat without an appetite. If I'm not hungry I fast (sometimes for several days), until I can enjoy my food. This is a rule that must be adhered to if health supreme is desired.

Science Discovers the Secret of Caruso's Marvelous Voice

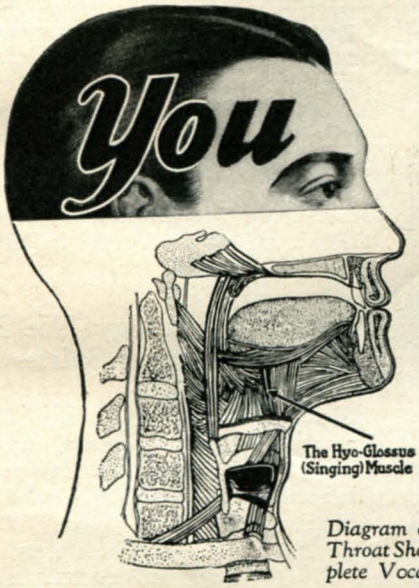


Diagram of the Normal Throat Showing the Complete Vocal Mechanism.

Caruso's Throat and Yours

Why is it that the humble peasant boy of Italy became the greatest singer of all time? This diagram of his throat will show you. Caruso's marvelous voice was due to a superb development of his Hyo-Glossus muscle. Your Hyo-Glossus muscle can be developed too! A good voice can be made better — a weak voice become strong — a lost voice restored — stammering and stuttering cured. Science will help you.

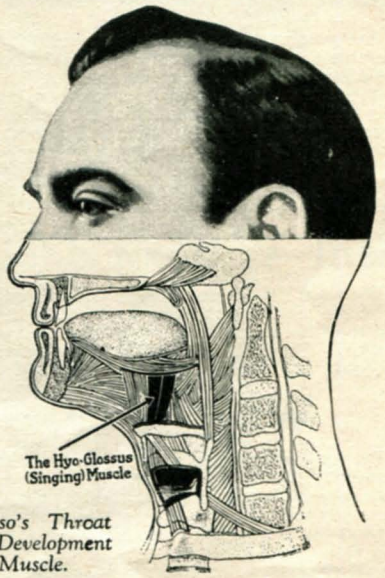


Diagram of Caruso's Throat Showing the Superb Development of his Hyo-Glossus Muscle.

We Guarantee— Your Voice Can Be Improved 100%

EVERY normal human being has a Hyo-Glossus muscle in his or her throat. A few very fortunate persons — like the late Caruso — are born with the ability to sing well. But even they must develop their natural gifts. Caruso had to work many years developing that muscle before his voice was perfect.

Whether your voice is strong or weak, pleasant or unpleasant, melodious or harsh, depends upon the development of your Hyo-Glossus muscle. You can have a beautiful singing or speaking voice if that muscle is developed by *correct* training.

Prof. Feuchtinger's Great Discovery

Professor Feuchtinger, A. M.— descendant of a long line of musicians —famous in the music centers of Europe, Munich, Dresden, Berlin, Bayreuth, Vienna, Paris and Florence, for his success in training famous Opera Singers—discovered the secret of the Hyo-Glossus muscle. Dissatisfied with the methods used by the maestros of the Continent who went on year after year blindly following obsolete methods, Professor Feuchtinger devoted years of his life to scientific research. His reward was the discovery of the Hyo-Glossus, the "Singing Muscle".

Professor Feuchtinger went even farther into the Science of Singing. He perfected a system of voice training that will develop *your* Hyo-Glossus muscle by simple, silent exercises right in your own home.

Grand Opera Stars Among His Students

Hundreds of famous singers have studied with Professor Feuchtinger. Over 10,000 happy pupils have received the benefits of his wonderful training.

There is nothing complicated about the Professor's methods. They are ideally adapted for correspondence instruction. Give him a few minutes each day; The exercises are silent. The results are sure.

The Perfect Voice Institute guarantees that Professor Feuchtinger's method will improve your voice 100%. You are to be your own judge — take this training—if your voice is not improved 100% *in your own opinion*, we will refund your money.

A Beautiful Voice for YOU

You do not know the possibilities of your voice.

If you want to sing—if you have always felt that you could sing but lacked the proper training because you had not the time nor the means to study—here is your chance. Professor Feuchtinger's course will improve your voice 100%. You can now learn to sing at a very small cost and in the privacy of your own home.

If you want to improve your speaking voice—if you stammer or stutter —Professor Feuchtinger will help you.

Professor Feuchtinger's Book *"Voice Culture"* Free

Send us the coupon below and we'll send you FREE this valuable work on the Perfect Voice. Do not hesitate to ask. Professor Feuchtinger is glad to have us give you this book and you assume no obligations whatever by sending for it.

You will do yourself a great and lasting good by studying this book "Voice Culture". It may be the first step in your career. Do not delay. The number of these books is limited. Send for "Voice Culture" today.

Perfect Voice Institute

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Please send me FREE Professor Feuchtinger's book "Voice Culture". I have put X opposite the subject that interests me most. I assume no obligations whatever.

☐ Singing ☐ Speaking ☐ Stammering ☐ Weak Voice

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Get a Copy of this Book

HOW to TAKE VIOLET RAY TREATMENTS AT HOME

Are you worrying about your health, or that of any member of your household? Is any member of your family suffering from weakness, nervousness, "run-down" condition, rheumatism or aches or pains of any kind? If so, this book will be of great benefit. It tells in detail how nearly every common disorder can be overcome by simple home methods;—how nervousness can be conquered, aches and pains banished, internal weaknesses corrected, and the blood made to course through the body in a vigorous, health-building stream.

Sent Without Obligation

We want this book to be in every home as a reference book on health. It is the most complete book ever prepared on the home treatment of disease by the Violet Ray method. More than 100 ailments are discussed in simple language, and detailed treatment given for each.

What It Teaches

Do you know that nervous tension can be relieved in ten minutes? Do you know that one Ra-Tone treatment will definitely enrich your blood, add to its oxygen content, increase the number of both red and white corpuscles and combat impurities and poisons? Do you know that aches and pains of all kinds can be relieved? That the vital internal organs can be invigorated and made to function with the strength of perfect health? You owe it to yourself and family to become thoroughly posted on this health-building treatment, for it may mean the difference between a lifetime of health and happiness and one of weakness and pain.

Ra-Tone
VIOLET RAY BUILDS HEALTH

Violet Ray Treatment

is the most highly developed home treatment of its kind available at any price. It is based on years of experience and observation in thousands of cases. The various methods of treatment and the results obtained are described in great detail.

Investigate Proven Results

Ra-Tone Violet Ray Generators are sold on an entirely new basis—that of *results only*. You can read in our book just what has been accomplished in thousands of cases similar to yours—and can expect the same benefits. If you want accurate and reliable information on Ra-Tone treatment—if you want to banish weakness and build perfect health without the use of drugs—this book will teach you how. Send for it *today*.

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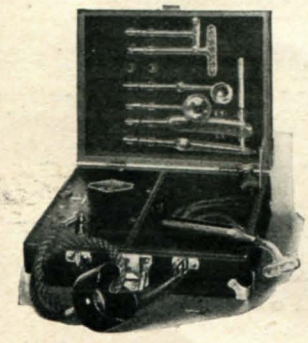


A Few of the Subjects Discussed:

Conquering Nervous Disorders.

Tonic Treatments for General Weakness

Dyspepsia, Constipation and Related Troubles.

Weakness and Disease of Reproductive Organs.

Headaches, Insomnia and Brain-fag.

Respiratory Disorders.

Hair, Scalp and Skin.

Development of the Body.

Postponing Old Age.

Many others of equal interest.

Demonstrators and Distributors Wanted

We want an intelligent man or woman in every community to demonstrate Ra-Tone treatment. All or part time. Our unfailing plans will enable you to make a success from the start. You will find this a pleasant, profitable and interesting occupation. Fine opportunities for those qualified as exclusive sales distributors.

(*Continued from page* 76)

The remedy is regular, constant, varied, *gentle* exercise.

So much for one sermon on physical culture. There is nothing difficult, nothing complicated about good health. Careful, moderate, *slow* eating, sobriety, regular sleep, regular mild exercise in fresh air, deep breathing. If to that you can add *not worrying* you may live as long as Luigi Cornaro. Given up to die of nerves and dyspepsia at forty, he decided to study health, lived to one hundred and four, wrote a book on health when past ninety, mounted his horse without assistance at that age, and said, "I had to live to ninety to know that the world is beautiful. It is beautiful in health all through old age, but ugly in disease."

Explorer Fiala Says We Need the Pioneer Spirit

I am in sympathy with any effort to improve the physical, mental and spiritual Man and Woman of our country. We need more of the pioneer spirit of the early Americans.

Yours sincerely,
(Signed) ANTHONY FIALA.

The A. A. U. Stands for National Physical Fitness

The Amateur Athletic Union of the United States is the national governing body of track and field athletics, swimming, boxing, wrestling, gymnastics, basket ball, hand ball, volley ball and weight lifting, and our twenty district organizations cover the entire United States territory. The several thousand men and women identified with our organization are giving much of their valuable time gratuitously three hundred and sixty five days in the year to the work of providing play for the young men and young women of the nation.

We call our games and sports competition, but it is nothing more than play and the kind of play that builds strong, healthy, vigorous bodies. What we are trying to impress upon our young men and women is that in order to keep physically fit, they must exercise and walk or play every day.

FREDERICK W. RUBIEN,
Secretary-Treasurer,
A. A. U., United States.

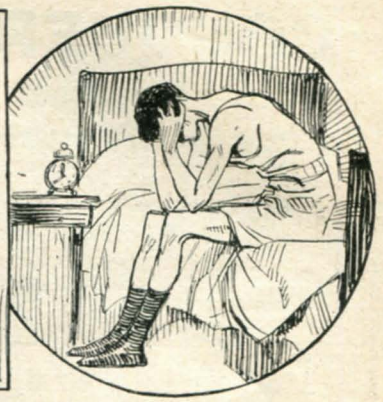
From Governor E. F. Morgan

Physical culture means clean living and proper living, without which we cannot improve our physical or moral standards. I agree with you there is a general need for directing the attention of our citizenship to the value of the work in which

(*Continued on page* 80)

The "Daily Dozen" builds shoulders and back muscles in which you can take pride.

Overweight? 10 minutes a day of the "Daily Dozen" to music will rid you of dangerous excess flesh.



Why be run-down, emaciated, half-alive? The "Daily Dozen" quickly builds you up.

Try the "Daily Dozen" To Music!

Ten Minutes' Fun a Day Gives You Health, Strength and Vitality—Free Record Proves It.

A GREAT and new idea—and more fun than a game! You cannot appreciate the fascination, the glow of health, the amount of "pep" you acquire from exercising to music until you have tried it! Ten minutes a day of genuine fun will keep you fit. Walter Camp has made it possible. The famous "Daily Dozen" Exercises of this great Yale coach—exercises that reach and strengthen every muscle in your body—have been set to music on phonograph records, with Mr. Camp's special permission.

You put a record on the machine and the lively, spirited music carries you through ten minutes of the most exhilarating fun. You are swept along with a buoyancy that will amaze you. And the result of this ten minutes' fun a day is a glowing health, a glorious vitality, a springy step, a bright eye—and, in short, a whole, healthy, breathing and zestful man or woman tingling with the very glow of life.

But the famous "Daily Dozen" do not stop their wonderful work there. Far from it. If you are overweight they will reduce your waistline. If you are underweight they will put firm, sound flesh on you. They revitalize your body. They revive weak, flabby muscles and rebuild them into live, vital tissue. Thousands of men and women and boys and girls are regaining health, strength and vitality through use of the "Daily Dozen" Exercises.

The "Daily Dozen" Build Muscle

Increase your wind, develop your chest, strengthen your powers of endurance and your energy to work. Put on muscular shoulders, acquire strong stomach muscles, get a wonderful and superb physique—and enjoy yourself every minute you are doing it.

The "Daily Dozen" are set to music on large double-disc records, playable on any disc machine. In addition there are charts with 60 actual photographs illustrating every movement with clear and simple directions. On the record itself a clear voice gives you the commands, telling you exactly what to do. All you do is put a record on the machine. Inside of ten minutes you will feel a glow that is priceless in its benefits to your health. You can say good-bye to constipation, headaches, backaches, insomnia, run-down condition, nervousness, emaciation, want of appetite and that tired, exhausted feeling.

A slender and graceful form can only come from a healthy, physical condition.

Record Free

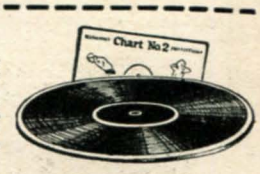
So that you may see for yourself the wonderful benefits to your health that the famous "Daily Dozen" will give you, we will send you, absolutely *free*, a sample record containing two of the "Daily Dozen" Exercises and a chart illustrating the movements. Put it on your phonograph and follow the simple directions of the clear voice on the record. That great sensation of glowing health you feel when you have gone through these new, exhilarating and interesting exercises will amaze you.

There is no obligation. The record is yours to keep. Just enclose a quarter (or 25 cents in stamps) with the coupon, to cover charge of postage, wrapping, etc., to Health Builders, Dept. 25A, Oyster Bay, N. Y.

Free Sample Record and Chart

HEALTH BUILDERS, Dept. 25A
Oyster Bay, N. Y.

Please send me your free sample Health Builder Record, giving two of Walter Camp's famous "Daily Dozen" Exercises, also a free chart containing actual photographs and simple directions for doing the exercises. I enclose a quarter (or 25 cents in stamps) to cover cost of packing, postage, etc. This does not obligate me in any way whatever and the sample record and the chart are mine to keep.



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CONQUER
Constipation Stomach Troubles

Indigestion, Gas on Stomach, Diabetes, Anemia, Mental and Physical Debility Quickly Relieved

Get Well—Remain Well Without Drugs

Constipation, a weak body, thin pale blood, irritable nerves, and a slow brain are the direct result of deficiency in the diet of Vitamines and the 16 mineral elements of which the body is composed. These disorders and associated ailments are quickly relieved by

Moore's Life Grain

Very Rich in Iron

A starchless, anti-acid, Cereal Meal—cooked ready to eat. It is two and one-half times richer in mineral matter than the whole grains, from parts of which it is prepared. **Life Grain** contains an abundance of all three vitamines, without which the body and brain cannot properly function. It contains **all the 16 mineral elements** of which the body is composed; and is **distinctive** because **it contains the richest known combination of PHOSPHORUS, IRON, POTASSIUM, and MAGNESIUM.**

A Force-Producing Tonic Food

Moore's Life Grain is a vitalizing force-producing tonic food, for the muscles, nerves, and brain; for the healthy as well as the sick. **It makes you well and keeps you well. It normalizes digestion, assimilation, and elimination. Relieves constipation easily, quickly and permanently. Promotes all organic action.** Increases ambition, strength, vitality, and capacity to do more mental and physical work and better to enjoy life.

Curative—Growth Promoting—Sustaining

Life Grain is a pure grain product, scientifically prepared. Because of it's abundant vitamine and high mineral content it possesses curative, growth promoting and sustaining qualities in a remarkably high degree. It has given remarkable relief—and in many cases, permanent recovery—to diabetics and to those suffering from chronic indigestion, acid condition of stomach, and ulcers. In many cases patients have been restored to perfect health after physicians had failed to affect relief. **Life Grain** has saved many sufferers from expensive courses of treatment in sanitariums.

A good complexion and good looks can only come from a healthy body. **Life Grain** improves health, and consequently improves complexion.

Read these Testimonials of POSITIVE PROOF

Stomach Ulcers Healed—Saved His Life

"Before using **Life Grain** I was troubled with the worst kind of ulcerated stomach so that I could eat little or nothing. Whatever I did eat created gas on my stomach so I could hardly get around. Now I can eat anything possible to digest, and am a perfectly healthy person. My doctors all said that **Life Grain** saved my life."—M. E., Chicago, Ill.

Cured Diabetes of 3 Years' Standing

"I had been under treatment for diabetes for three years and was unable to get my urine free from sugar. Various reports which I have from the laboratories show the sugar content from 4% to 4.4%. About three months ago I was given a package of **Life Grain** by Dr. M. S. Corbett, and an analysis made three weeks later shows the urine free from sugar; and it is still sugar free."—J. J. McC., Chicago, Ill.

Doctor Recommends Life Grain to Patients

"I have instructed many of my patients to procure your product and am very much pleased with results achieved. I shall endeavor to use it from now on in my diet lists to patients. Have used it myself and cannot praise it too highly."—Dr. I. M. S., Chicago, Ill.

Did More Good Than All Doctors

"Kindly send me another 3 packages **Life Grain**. It is great. I am feeling much better. Have been to all good doctors in town but none did so much good for me as your **Life Grain.**"—Mrs. F. S., Philadelphia, Pa.

Send Trial Order To-day

Don't take medicines, pills, drugs, or cathartics and expect relief. Their benefit is only temporary and their use often makes the condition worse. Let Nature help you. **Order Life Grain today.** Use it as a breakfast food, alone, or with others to improve. It makes finest health bread, muffins, gems, pastries, etc. Has delicious flavor. Highly palatable. Children relish it.

Price: parcel post prepaid, 3-20 oz. pkgs, $1.00, within 600 miles of Chicago; 600 to 1,000 miles, 3 pkgs, $1.20; beyond, 3 pkgs, $1.40. **U. S. only.** If not convenient to send money order or check, we will ship **C. O. D.** and you can pay on arrival. Booklet "Guide to Health" free with order. **Send order to day sure.**

The Moore Cereal Products Co.,
Dept. P. 5,
4521 Ravenswood Ave., Chicago, Ill.

Wanted: Grocers and Dealers to handle Life Grain. Write for Special Proposition

(*Continued from page* 78)

you and your associates are engaged.

E. F. MORGAN,
Governor, West Virginia.

For Self-Control and Alertness, —Governor McCray

I consider it essential to the future welfare of our citizenship that our youth should be trained physically as well as mentally.

By doing this in the right way there is developed greater self-control, alertness of mind and respect for adversaries as well as many other qualities highly important in the lives of our citizens.

WARREN T. MCCRAY,
Governor of Indiana.

In Progressive Connecticut

Connecticut is already taking active interest in this problem and has recently added an official to its State Board of Education, who will devote his entire time to stimulating interest through the public schools and has, in fact, passed a law making physical training compulsory in public schools.

EVERETT J. LAKE,
Governor of Connecticut.

Why Not Try This in Your Own City?

As a member of one of our Local Draft Boards, I was in close contact with the young men of our community who were called for the service and I was most certainly impressed with the lack of the development of our young men. I gave this matter considerable thought after I retired from the draft work and when elected Mayor of our City decided, together with several other citizens, upon a plan which might bring some good to our younger citizens.

We started to organize athletic clubs in a systematic way throughout our entire city. We are happy to say that we just organized another club within the last few weeks. These clubs have aroused the athletic spirit way beyond anything that we had hoped for and the thing has grown to such proportions that our City Commissioners, by ordinance, have created a Recreation Commission which is now taking over and directing this work in our city.

MALCOLM W. GROSS,
Mayor, Allentown, Pa.

Should Be Taught Everywhere

I wish to express my sincere belief in physical culture for both men and

(*Continued on page* 82)

The Vital Reason for the Internal Bath

In Chicago recently, there was held a gigantic political meeting that attracted a crowd of some 15,000 men and women of varying ages. On the outskirts of the assembly stood a physician with a friend. Turning to his friend, the medical man said, "I'll wager that in this vast throng there aren't 100 persons who are in anything like normal health."

Much as we dislike unpleasant truths, there is significance in that physician's remark for all of us. Few of us can honestly say that we are over 50 per cent efficient.

We all want to be free from disease or ailment of any kind. We all want to have pure blood, normal heart and sound nerves. We all want to enjoy restful nights and active, vigorous days. Yet most of us are half the time blue and worried, all the time nervous, and most of the time actually incapacitated by illness.

And why? Largely because we do not follow a few simple rules in the care of our physical condition. How many of us, for instance, practice internal bathing? True it is that this means of improving the physical condition is growing in use every day, but there are thousands of us yet who are strangers to the benefits of the Internal Bath.

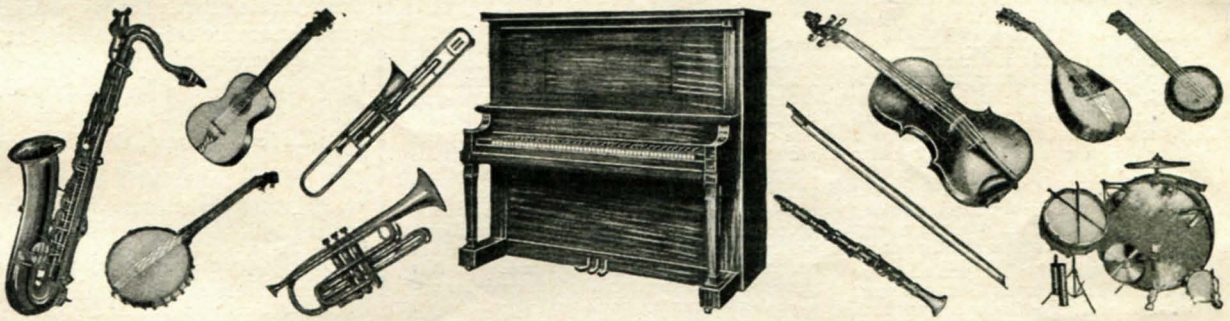
The need for internal bathing is due simply to the fact that we have within our bodies such an organ as the large intestine, commonly called the colon. Accumulating waste as it does, the colon is the bane of our health. The waste is toxious, which means poisonous, and as the blood flows through the walls of the colon, it absorbs the poisons and carries them through the circulation. That's what causes Auto-Intoxication—which in plain English means "Self-Poisoning," a condition which pulls down our powers of resistance and renders us subject to almost any serious ailment that may be prevalent at the time. And the worst feature of it is that few of us know when we are "Auto-Intoxicated."

The proper kind of Internal Bath is Nature's own relief and corrector—just warm water, which, used in the correct way, cleanses the colon thoroughly its entire length and makes and keeps it sweet and pure.

The effect of your physical condition is little short of marvelous. Your eyes take on a new sparkle, your step a new vigor. Your nerves relax, your appetite improves, and your sleep becomes more restful, more refreshing. You feel re-made.

To really understand the Internal Bath and all that it accomplishes, one should read the very interesting booklet by Dr. Chas. A. Tyrrell, the inventor of the "J. B. L. Cascade." Dr. Tyrrell's own life was saved and prolonged by Internal Bathing and he wrote on the subject like the eminent authority that he was. The booklet, which is entitled "The What, The Why, and The Way of Internal Bathing," will interest every man and woman. All that is necessary to secure this booklet is to write to Tyrrell's Hygienic Institute at No. 134 West 65th St., New York City, and mention having read this article in PHYSICAL CULTURE. The booklet will be mailed to you free of all cost or obligation.

Which of these Instruments Would YOU Like to Play?



Amazing Free Test Shows If You Have Musical Ability

WHAT gifts has nature bestowed on you? Has she given you that best of all talents—the natural ability that would make it exceedingly easy for you to quickly become a proficient player or a good singer?

Find out the truth of this. For there is no pleasure on earth equal to that of being able to entertain yourself and your friends with the music you yourself create. There is no surer way to popularity at every gathering. The life of any musician—amateur or professional—is filled with constant enjoyment.

Surely there is a favorite musical instrument that you would like to play. Surely you will be glad to take advantage of this interesting free offer. Just mail the coupon below and by return mail we will send you the wonderful "Musical Ability Test" which will show you, in five minutes, whether you can quickly learn to sing or to play any musical instrument.

Your Hidden Talents Disclosed By This Free Test

The test comprises just a few simple questions devised by a famous musical instructor. They may show that you have been depriving yourself of pleasures which nature has particularly fitted you to enjoy. You may have never played a note in your life. You may have never attempted to sing in public. Yet you may have faculties which would make it easy for you to *excel* in music.

You owe it to yourself to find out at once, whether you or your children have latent ability to play any chosen musical instrument; or to sing; or to become a leader of band or orchestra; perhaps to write the music for a song that may bring fame and wealth.

Free Book Tells Amazing New Way To Learn Music At Home

This free test is contained in a remarkable Book entitled "Music Lessons in Your Own Home." This book also reveals the wonderful new easy method whereby you LEARN MUSIC BY PLAYING ACTUAL SELECTIONS instead of by playing scales. It shows you how you may surprise your friends by entertaining them with music before they know that you have even considered becoming a musician. You obtain this skill in your spare time—just a few minutes each day—In Your Own Home.

This new method is simple and fascinating; and it is so astoundingly easy that even very young children, and elderly people of 60 (who could not concentrate on anything hard) are soon enabled to play music at sight.

Learn at Home Without a Teacher

Piano	**Hawaiian Steel Guitar**
Organ	**Harp**
Violin	**Cornet**
Drums and Traps	**Piccolo**
Banjo	**Trombone**
Tenor Banjo	**Saxophone**
Mandolin	**Harmony and Composition**
Clarinet	**Voice and Speech Culture**
Flute	
'Cello	
Guitar	
Ukulele	

Sight Singing

WHAT OTHERS HAVE DONE

I regret that I did not know of you 10 years ago. I learned more in 15 minutes one night than I learned in the past year studying books on Harmony.

FRED A. HEICHTEL,
Box 83, Rosiclare, Ill.

Three months ago I didn't know one note from another. Now I can play almost anything.
H. E. DANTZ,
304 Glenside Ave.
W. S. Pittsburgh, Pa.

And you read REAL music too. No numbers, or "trick" music or anything of that nature. You play from the same kind of notes that are used by Paderewski, Kubelik, Sousa, etc. You read the same kind of notes that are sung by Geraldine Farrar, Galli-Curci, Scotti, McCormack, etc.

Automatic Finger Control

One of the remarkable features about this new method is the "Automatic Finger Control" an exclusive invention, that develops the proper muscles used in playing any instrument to exactly the right degree, gives the fingers perfect control and enables you to quickly procure a skill impossible to those not privileged to know this remarkable method. "Automatic Finger Control" is the greatest musical triumph of the age and is offered only to the pupils of the U. S. School of Music.

Send for this Book

If you like music—instrumental or vocal—do yourself justice by getting this free Book at once.

Just mail the coupon. The book will be sent to you immediately. Getting it does not put you under any obligation whatever. It is absolutely FREE.

No Cost—No Obligation

Be sure today to send for this valuable book which reveals your own hidden ability and also tells the secret of learning to play any musical instrument. This remarkable offer is absolutely FREE. It costs you nothing, it places you under no obligation.

In the last 24 years, over a QUARTER-OF-A-MILLION people have learned to play their own favorite instruments by this method. Many of them did not dream they possessed the slightest musical ability until it was revealed to them. Many of them use their music for the sole pleasure it gives them and their friends. Others are earning big incomes as music teachers, band or orchestra LEADERS, church organists, vaudeville artists, etc.

Mail the Coupon Now

All you have to do to obtain this remarkable Book is to mail the coupon below. But you must do this at once, as this unusual offer may be withdrawn at any time without notice. So many thousands of requests will pour in to us that we cannot promise to hold our offer open indefinitely. It costs you nothing to accept it, and it may open the way to you to endless pleasure and profit in your new-found ability to play the musical instrument you like best. Mail the coupon now, while it is before you—or send a letter if you prefer. PLEASE WRITE NAME AND ADDRESS VERY PLAINLY, so that there will not be difficulty about the booklet reaching you. **U. S. SCHOOL OF MUSIC, 185 Brunswick Bldg., New York**

"The Largest School of Music in the World"

U. S. School of Music,
185 Brunswick Bldg., New York. City

Please send me absolutely FREE and without obligation, the wonderful Book "Music Lessons In Your Own Home" which shows how to test my own natural musical ability. I name below the instrument I am particularly interested in.

Name.....
(Please Write Plainly)

Address .....

City.....State.....

Instrument.....

"I want to tell the Whole World about it"

That wish is being gratified. Millions of people are reading this message FROM A MOTHER TO THE MOTHERS OF THE WORLD. What a glorious privilege it is to be the bearer of such a message, and what a splendid thing it is to be able to write such a message out of a grateful heart, because this message will never die. It is written in the life of a boy, and it will be rewritten over and over again in the lives of other boys whose lives will touch other lives and who will become the fathers of other boys.

"Would be pleased to have you advise me how I can obtain WHOLE GRAIN WHEAT *close to home, or whether or not you send it direct by parcels post in small quantities. I first became interested in this food when I saw it advertised in the* "SUNDAY VISITOR," *and since then have been getting it through your Terre Haute agent.*

"I want to say I have been using it for myself and my children, and the results are wonderful. I have a boy seven years of age and ever since he was two years old has been greatly under weight and has a delicate, under-nourished appearance. All this in spite of the fact that he had had plenty of good nourishing food, plenty of rest, and plenty of exercise in fresh air. I had despaired of ever being able to bring him up to normal. When I started feeding him WHOLE GRAIN WHEAT *it was only in a half-hearted sort of way. I thought I had done everything and I never would have believed it would do* WHAT IT HAS DONE. THE RESULTS HAVE BEEN ABSOLUTELY MARVELOUS IN THE LAST TWO MONTHS. *All our acquaintances are commenting on it, and his teacher has asked me what I did; she said, for the benefit of other children.*

"I am so enthusiastic over WHOLE GRAIN WHEAT *I feel I want to tell the whole world about it. At least every mother should know about this food and what it will do for the growing child."*— Mrs. N. F. Shulke, 500 Central Ave., Decatur, Ill.

This letter came to us unsolicited. We did not even know Mrs. Shulke was using or had ever used WHOLE GRAIN WHEAT. We get hundreds of such letters day after day. For example: Professor I. Cressler, Connorsville, Ind., wrote: "We have a young nephew in our house to whom your WHOLE GRAIN WHEAT has been of the greatest benefit, and he is being CHANGED FROM A PUNY LAD OF TEN INTO A ROBUST YOUNGSTER OF TWELVE. We are grateful to you." There is many a boy and many a girl, and many a grown-up who has partaken of this new elixir of life and found in it a marvelous food. It is an astounding fact that this oldest of human foods has never before through all the ages been available to mankind in its supreme nutritional effects until WHOLE GRAIN WHEAT was made possible through the discovery of how to cook wheat without the loss of any of its elements or a disturbance of their mysteriously balanced combination. This great discovery we believe is destined to mark a new era in the history of mankind. Most of the diseases of the world are the result of wrong food, or "foodless" food. No man or woman can be normal or natural, or experience the glorious force of life and the inexpressible power of the mind forces, unless he or she can keep the life-stream, which is the blood-stream, free from depletion of its strangely balanced sixteen mineral and chemical elements, and which is subject to depletion with every heart-throb. Surely one cannot deny that the blood feeds the nerves, bones, muscles and tissues of the body hour after hour, as the beating, pumping heart forces the blood throughout the body and keeps it alive. You cannot get something for nothing. What the blood possesses it must give up to sustain life. It cannot continue to give up unless it has some source from which it can be replenished, hour by hour, and day by day. Food and food alone can replenish it, when combined with air and water. What does your food contain? You CANNOT KNOW! Even if you knew before it was cooked, you cannot know after it has been cooked, because boiling distills and destroys in the presence of oxygen; baking evaporates and destroys and changes in the presence of oxygen. There is only one substance that is used as a food that contains in its raw, ripe, natural state all the required elements of the blood in balanced combination and in assimilable form, and that substance is wheat. WHOLE GRAIN WHEAT is the ONLY COOKED FOOD IN THE WORLD that is identical in its constituent elements with the raw, ripe, natural grain of wheat. The method of cooking is protected by the United States and Canadian governments, and it is not possible to cook wheat by any other known method or means and retain all the elements and balance of the elements. It is the "safety first" in foods. Send $2.00 for one dozen ten oz. tins, a tree weeks' supply, parcels post prepaid; if west of Denver send $2.65; or better still send $7.20 for a case of four dozen (saves you eighty cents); if west of Denver send $9.60; all charges paid. Because WHOLE GRAIN WHEAT is guaranteed to reduce your meat and grocery bill 25 to 50 per cent when eaten twice a day, it is NOT SOLD THROUGH THE GROCERY STORE. Order direct until an agent distributor is appointed in your locality. Energetic men and women are establishing themselves in a profitable and ever-growing business selling WHOLE GRAIN WHEAT direct to the consumer in their community. Must be of good character and able to supply customers promptly. No one employed until he or she HAS PROVED TO THEMSELVES the marvelous effects of this wonder-food. Send for a four dozen case and prove it on yourself. Sold under the broad guarantee that if eaten twice a day for thirty days and the user is not physically and mentally improved we will refund the purchase price, and that guarantee is backed by a $5,000,000.00 corporation. You may know of some one peculiarly fitted for this work who wishes to permanently establish himself or herself in connection with a business that is becoming world-wide and growing at a tremendous rate. WHOLE GRAIN WHEAT CO., 1922 SUNNYSIDE AVE., CHICAGO, ILL. Chicago readers telephone orders, Ravenswood 4101 or 4102. No delivery charges. Canadian address, 26 Wellington St. E., Toronto, Ont. Toronto readers telephone orders Main 4489. If you have a friend troubled with any ailment of any nature whatsoever, not due to violence, call his or her attention to our broad guarantee as an act of kindness, remembering that practically all, if not all, disease is directly or indirectly traceable to lack of elements in our foods, essentially the vitamines and the mineral elements, and a lack of balance of the latter. WHOLE GRAIN WHEAT contains them all, and they are not obtainable in balanced combination from any other single food substance known to man, so why take a chance of continuing your disease or creating one?

Whole Grain Wheat

C. H. Woodward, Pres.

(*Continued from page* 80)

women. I am thoroughly convinced that it should be taught in the schools, clubs, churches, parks and playgrounds, and wherever possible.

I am very pleased to note that a campaign for the promotion of physical culture is being carried on by your committee as I know the most beneficial results will acrue therefrom.

GEORGE L. OLES,
Mayor, Youngstown, Ohio.
By Louis E. Geuss, Secretary to Mayor.

Foster Healthful Activities

Aside from the pleasure and satisfaction afforded the individual who takes proper physical exercise, such activities occupy the time of our citizens, particularly the boys and girls, for a good purpose, and thus combat the temptations to draw them into evil, pernicious and unlawful channels.

I believe that every Executive of every city in the United States will gladly welcome a movement of this kind.

ARCHIBALD M. HOAGLAND,
Mayor, Williamsport, Pa.

The Personal Hobby of Mayor McConnell of Montclair

I congratulate you on taking the lead in one of the most important lines of endeavor that can be brought to the attention of our people, especially the coming generation.

Physical culture has always been a hobby of mine and in my intercourse with the young people, I have constantly brought to their attention the fact that a clean, healthy body meant a clean, healthy mind and was a most effective builder of character and self-control.

Your National Physical Culture week from May 1st to the 8th is a step in the right direction.

H. F. MCCONNELL,
Mayor, Montclair, N. J.

Physical and Mental Well Being

It is my belief that physical and mental well being is dependent upon exercise, proper food and sufficient rest. Any movement which has for its purpose the bringing to the attention of the people the value of physical culture is worthy of support.

I wish your committee success in its endeavor "To Build a Stronger Nation."

THOMAS A. WILSON,
Mayor, Binghamton, N. Y.

The Truth About the Draft Acceptances and Rejections

I am heartily in favor of any movement for bringing to the attention of the whole

(*Continued on page* 84)

Actual photo of one of our rebuilt Underwood Typewriters

GUARANTEED REBUILT TYPEWRITER EMPORIUM Shipman-Ward CHICAGO UNDERWOODS

$3 DOWN And It's YOURS!

STANDARD UNDERWOOD

Rebuilt like new. Every typewriter is factory rebuilt by typewriter experts. New enamel—new nickeling—new lettering—new platen—new key rings — new parts wherever needed — making it impossible for you to tell it from a brand new Underwood. An up-to-date machine with two-color ribbon, back spacer, stencil device, automatic ribbon reverse, tabulator, etc. In addition, we furnish FREE waterproof cover and a special Touch Typewriter Instruction Book. You can learn to operate the Underwood in one day.

From Factory to You

Yes, only $3 brings you this genuine Rebuilt Standard Visible Underwood direct from our factory, and then only small monthly payments while you are using it make it yours; or, if convenient, pay cash. Either way, there is a big, very much worth-while saving, too. Genuine, new Underwood parts wherever the wear comes—genuine standard, four-row, single-shift keyboard—thoroughly tested — guaranteed for five years.

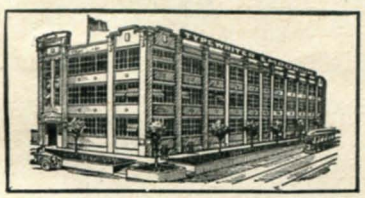
$3 Puts It in Your Home

You don't even have to scrimp and save to pay cash. Instead, you pay only a little each month in amounts so conveniently small that you will hardly notice them, while all the time you are paying you will be enjoying the use of and the profits from the machine.

10 Days' Free Trial

Remember, you don't even have to buy the machine until you get it and have used it on 10 days' free trial so that you can see for yourself how new it is and how well it writes. You must be satisfied or else the entire transaction will not cost you a single penny.

Act NOW! Mail TODAY!



All shipments made direct to you from our big modern factory (shown above)—the largest typewriter rebuilding plant in the world

Now is the time when every dollar saved counts. Let us save you many dollars. Don't delay. Get this wonderful easy payment bargain offer now, so you can send for and be sure of getting your Underwood at a big saving—on our easy terms or for cash.

TYPEWRITER EMPORIUM
SHIPMAN-WARD MFG. CO.
2235 Shipman Building, Chicago, Ill.
Montrose and Ravenswood Aves.

FREE TRIAL COUPON

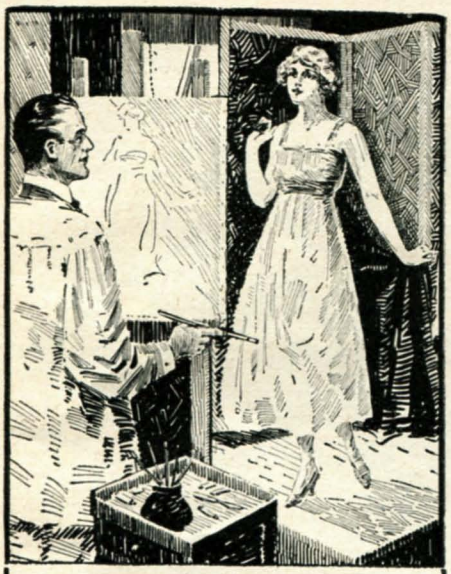
TYPEWRITER EMPORIUM
SHIPMAN-WARD MFG. CO., Chicago, Ill.
2235 Shipman Bldg., Montrose and Ravenswood Aves.

Send by return mail Bargain Offer No. 2235, of a Standard Visible Writing Underwood. This is not an order and does not obligate me to buy.

Name.....

Street or R. F. D. No.....

Post Office.....*State*.....



If You Like to Draw

Write for Free Book

"How to Become An Artist"

By our new method of teaching by mail you can learn illustrating, cartooning, commerical art in your own home. Hundreds of successful students and graduates are now making splendid incomes. Get into this fascinating work yourself and earn $50 to $100 or more a week! Our method makes it easy for **anyone** to learn. Instructions given by one of America's foremost commercial artists with over 30 years' experience. The study is fascinating. Only a few minutes a day! Have your own studio or secure high salaried position. Or work in spare time. Many students earn while they are learning!

$100 for One Drawing

Many artists receive $100 to $1000. for a single drawing. Magazines and newspapers are always seeking good drawings and cartoons. We furnish a complete Outfit free to all students. Includes everything required to produce hundreds of dollars' worth of pictures.

Write Today

for the most remarkable offer ever made by any recognized and reputable school of art. Special terms to a limited number of new students and complete Artists' Drawing Outfit given Free to new students. Fill out and mail the attached coupon or write a postal and we will send you, at once, a beautiful Booklet, "How to Become an Artist," filled with drawings and full particulars of our extraordinary offer. Do it now—before you forget.

FREE COUPON

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Room 1828, Marden Bldg.
Washington, D. C.

WASHINGTON SCHOOL OF ART, Inc.
Room 1828, Marden Bldg.,
Washington, D. C.

Without any obligation on my part, please send me your Free Art Booklet and Special Free Drawing Outfit Offer with reduced terms to new students.

Name.....
(State whether Mr., Mrs. or Miss)

Address.....

(*Continued from page* 82)

country the value of physical culture. The recent war emphasized the need of the physical education of the youth of the country. It was stated on good authority that the standard of the Draft was dropped very low, and enabled us to take about 70 per cent. of those coming up for physical examination, but that only one in five, or about 20 per cent., would have passed the physical examination required for the Regular Army or Marines in times of peace. These figures reveal a surprising condition and one which calls for energetic and constructive action. I wish you, therefore, all success in your undertaking, and shall be only too pleased to assist in any way that I can.

OGDEN L. MILLS,
U. S. Rep. from New York.

The Health of Future Generations

I feel that you are working in a very worthy cause, as the health of the future generations depends upon the vitality of the present generation, and that vitality can only be fostered by the maintaining of the healthy minds and brains through a well balanced daily routine of physical as well as mental exercise.

PETER G. TEN EYCK,
U. S. Rep. from New York.

Put Physical Training in the Schools

I heartily approve of the plan of requiring physical training in the schools since in this way only may one hope to acquire a well founded education.

In this way only may one make the most of himself: Be prepared for the strenuosity of these latter days.

I wish you success to the full, in your admirable plan of a National Physical Culture week, and hope that for their own good the young people of the country will respond to your efforts with receptive minds.

GUY L. SHAW,
U. S. Rep. from New York.

The Human Body as a Machine

Proper physical exercise is essential to the physical well-being of man. The human body is a machine whose highest efficiency and endurance cannot be maintained without physical exercise. Physical exercise is to the human body what lubrication and proper adjustment and cleaning are to a piece of machinery.

CLARENCE F. LEA,
U. S. Rep. from California.

Write Your Representative Too—

My dear Mr. Muldoon:

May I suggest you write the Repre-

Are You Sure of Your Health?

This Is Your Protection

—or Is Serious Illness Threatening You?

Today you feel hale and hearty—you *think* you are in the best of health. But are you? In a minute you can think of this friend or that acquaintance who suddenly gave way to an unsuspected ailment. You don't want that to happen to yourself—you don't want your business to go or your family to know want. But how can you prevent it? It is easy for you to absolutely *know* about your health, to protect it in time through our service.

Our Analysis—
A Barometer of Your Health

The most unfailing barometer of your health is your urine—it forecasts illness—it proves the strength or weakness of each organ. Our service gives you the advantage of a special urine test every 90 days—it tells you when you need a doctor's care, when you are safe and sound, or warns you against errors in diet.

And it costs you only 4 cents per day. Our laboratory is equipped to render a service that is of the highest professional caliber.

96% of All Analyses Show Danger

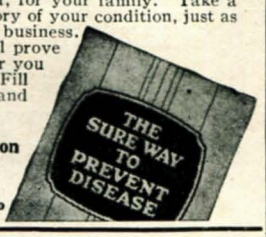
Consider what those figures mean. 96% of all our tests, and practically every man thinks himself well, show signs of disease. But after following our advice 90% of all are normal.

The Commissioner of Health, New York City, recently said, "It is a good thing to have your urine examined periodically by someone who can advise you as to the meaning of the findings."

Our service means no trouble for you, scarcely five minutes a year.

Free Trial and Book

Don't take a chance longer. Don't run the risk for yourself, for your family. Take a periodic inventory of your condition, just as you do of your business. We know it will prove itself so we offer you a free test. Fill out coupon and mail it now.



Louis G. Robinson Laboratories
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Cincinnati, Ohio

P-C 5

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Please send me full particulars about the confidential service of the Louis G. Robinson Laboratories, as well as container for my first test free.

Name.....

Height.....Age.....Weight.....

City.....State.....

sentative of the District you vote from and seek his cooperation.

In the meantime your letter will be submitted by me as a petition to Congress, noted in the Congressional Record, referred to the Committee charged with the subject, and listed under my name.

Yours very respectfully,
JOHN KISSEL,
U. S. Rep. from New York.

Producing a Finer Manhood

In my opinion the subject is one well worth being called to the attention through a nation-wide campaign. Physical culture is not only valuable in and of itself, but it produces a finer manhood and furnishes an incentive to clean living and higher ideals.

I wish you success in your physical culture week. "To build a strong nation" is surely a worthy motto.

GEORGE S. GRAHAM,
U. S. Rep. from Pennsylvania.

A Physical Culturist from Early Youth

I have been an advocate of physical culture from my early youth. My convictions as to its immense importance to the welfare and security of this country have grown with the passing years.

I have profited immensely by my own training in the Y. M. C. A. gymnasium and that of the Dayton Turners, and by my strenuous two years in the army during the late war. I am more than forty-six years old, but still enthusiastically devoted to tennis and many forms of physical activity.

I cannot speak too highly in favor of your splendid project and of its great patriotic service.

ROY G. FITZGERALD,
U. S. Rep. from Ohio.

To Be a "Winner"

Having been a member of the Lafayette baseball team four years, captain of its track team three years, and having coached the first championship football team Colorado College ever had, and two championship baseball teams, I can bear my testimony to the fact that in order to be a "winner" you not only need to live cleanly, but you need, as well, the great foundation for any success in building up and developing the constitution that is the great reservoir which we draw on in the crises that determine the difference between success and failure.

Physical culture should be encouraged amongst both the boys and girls, with the healthy out of door life and the activities that accompany same.

JOHN D. CLARKE,
U. S. Rep. from New York.

DANGERS
of a coated tongue
and offensive breath

Those are two almost unfailing signals which show that you are suffering from constipation! Unless you eliminate this dangerous condition you have ten chances out of one hundred to escape illness—for ninety per cent of all sickness traces directly to constipation!

Fight constipation as you would fight fire! And, fight it with nature's greatest weapon—BRAN—Kellogg's Bran, cooked and krumbled! Your physical adviser will indorse the use of Bran.

Bran cleanses the bowels in a natural way that causes no irritation or discomfort! Eat Kellogg's Bran regularly and you will relieve constipation permanently. It is important to use it each day; at least two heaping tablespoonfuls; in chronic cases, eat it with each meal!

KELLOGG'S Bran is delicious as a cereal or sprinkled on other cereals, and it can be used in countless appetizing ways in baking and cooking! Your grocer sells KELLOGG'S Bran.

Kellogg's — Look for this signature W. K. Kellogg

the original BRAN ~ cooked and krumbled

From Poverty To Riches

Walter Mishael Barry

I STARTED WITH $60
and built up a
$100,000.00 Business

When I resigned my U. S. Army commission on July 19, 1919, I discovered that I was dead broke. Uncle Sam handed me a bonus of $60. I am now the head of a $100,000.00 corporation and another $25,000.00 corporation. I am going to make more money than ever and you can help me while learning the secret of my success.

I DON'T CARE WHO OR WHAT YOU ARE—you may be established in a business or profession; at school or college; at skilled or unskilled work. I can help MEN and WOMEN to success, whether they retain their present vocations or apply themselves exclusively to the NEW OCCUPATIONS I can indicate to them.

Do you want to make big money in whole or spare time?
I can help you. No! I have not discovered a mysterious unknown power; it is all so simple that any MAN, WOMAN, BOY OR GIRL who can read plain English will understand and appreciate it instantly. It does not require weeks of study.

Let me tell you, without obligation, the amazing story of my success and show you how my plan will benefit you.

WALTER MISHAEL BARRY
ECONOMY EDUCATOR CORP. (Dept. 4)
1664 BROADWAY, NEW YORK, N. Y.

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1664 Broadway, New York, N. Y.

Kindly send me Mr. Barry's story. Enclose copyrighted Economy Plan introducing 30 methods of making and saving money, personal efficiency secrets for business and social success, etc.

I realize the expense of postage and preparing this offer, which may prove so profitable to me, and think it fair that I should pay my share. I therefore enclose *one dollar* which you guarantee to return to me if this offer is not as here advertised. (No personal checks.) If your special introductory offer and the terms which accompany it are satisfactory I will comply with same. I am to be sole judge of this.

Name.....

Address.....

How "Kid" Wedge Knocked Out T. B.

(*Continued from page 45*)

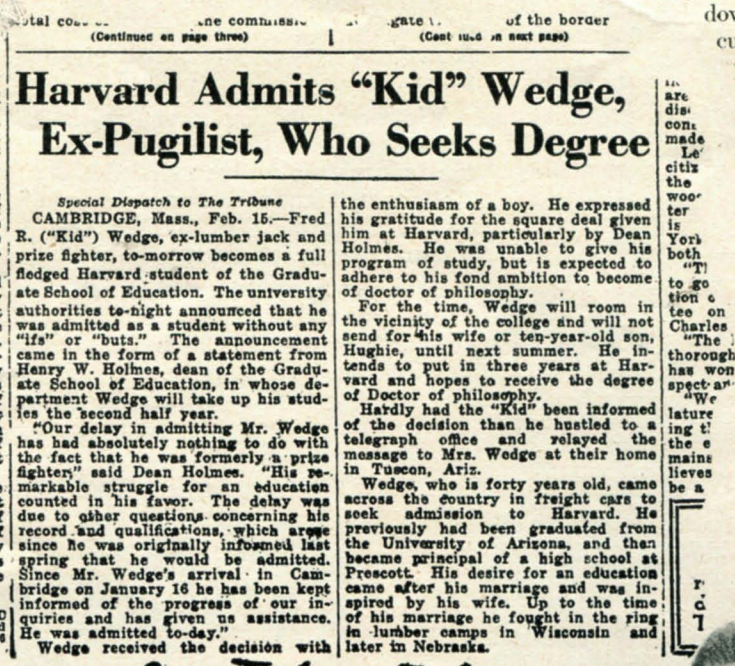
favorite T. B. specialists. Talking is about the best thing they do. I began to read the pamphlet on "Health, Vitality and Strength," by Macfadden. I read about diet, exercise, baths, fresh air values and how one could build up one's vitality so that new life and health could be brought to the diseased part. I learned how poisons that were the frequent causes of weakness and disease could be removed from the body. I learned of foods that destroy the tubercular germs by their vitality-building elements. I learned about fixed chest breathing exercises, raising the chest by action of the muscles which enables the tubercular to fill lungs with oxygen, without injury to tubercular affection in those organs. I resolved to cast aside the woolen undergarments and enlist the help of fresh air in my cure of tuberculosis. There in the plaza, sitting with those lungers, I got a vision of the "Victorious Physical Life." I determined to carry the course through to success. I thought everybody suffering with tuberculosis would be enthusiastic over these great truths I had just been reading. The lungers told me that all the great specialists on tuberculosis were agreed that "exercise was the worse thing a tubercular could take." It kept the lungs from healing, producing friction that really spread the tubercular germs. All these physicians, they told me, advocated the rest cure, meat, and the stuffing process in the cure of tuberculosis. Finding that I was determined to go against the advice of every physician in El Paso, and that I had resolved to use natural methods, they began calling me "the physical culture nut," "a Macfadden crank," and all predicted that I would be dead in less than a month.

Through the kindness of Mr. Scherlock, manager of the El Paso Electric Street Railway, I was able to secure a job as motorman. I was so weak that I could hardly climb on the car or use the rod to force over the rail-point at the switches. It was a fresh air job and I kept the windows always open to secure all the fresh air possible. There was a sign in my end of the car that said "Don't talk to the motorman," which was a great help in saving the little lung-power I had left. I didn't have money enough to pay for a week's board in advance, and I tried several restaurants for credit on the strength of my new job, but all turned me down. I (*Continued on page 88*)

harm than good. I know now that it is not necessary for people to go to a high altitude to be cured of tuberculosis. Fresh air is everywhere, but people do not realize until too late that there are forces at home that would cure them of tuberculosis, if they took advantage of fresh air treatments and physical culture.

The next morning I managed to walk half a block by taking a few steps at a time and resting by leaning up against the buildings. My destination was the Dairy Lunch, where I could buy a glass of milk and a raw egg. On the way to the lunchroom I passed a news-stand and was attracted by a little physical culture pamphlet on "Health, Vitality and Strength," a physical culture course for tuberculars. I have long since worn out the cover of the little pamphlet, and its leaves are worn like the leaves of mother's Bible. The name of the author was Bernarr Macfadden, a man who had himself been cured of tuberculosis through physical culture. After paying for the physical culture course for tuberculosis and buying a glass of milk and a raw egg I had less than one dollar left.

Slowly and painfully I made my way to the plaza, which is the Spanish name for park. There I took a seat on a bench with a lot of other lungers. They were talking about their cases and their



Harvard Admits "Kid" Wedge, Ex-Pugilist, Who Seeks Degree

Special Dispatch to The Tribune

CAMBRIDGE, Mass., Feb. 15.—Fred R. ("Kid") Wedge, ex-lumber jack and prize fighter, to-morrow becomes a full fledged Harvard student of the Graduate School of Education. The university authorities to-night announced that he was admitted as a student without any "ifs" or "buts." The announcement came in the form of a statement from Henry W. Holmes, dean of the Graduate School of Education, in whose department Wedge will take up his studies the second half year.

"Our delay in admitting Mr. Wedge has had absolutely nothing to do with the fact that he was formerly a prize fighter," said Dean Holmes. "His remarkable struggle for an education counted in his favor. The delay was due to other questions concerning his record and qualifications, which arose since he was originally informed last spring that he would be admitted. Since Mr. Wedge's arrival in Cambridge on January 16 he has been kept informed of the progress of our inquiries and has given us assistance. He was admitted to-day."

Wedge received the decision with the enthusiasm of a boy. He expressed his gratitude for the square deal given him at Harvard, particularly by Dean Holmes. He was unable to give his program of study, but is expected to adhere to his fond ambition to become of doctor of philosophy.

For the time, Wedge will room in the vicinity of the college and will not send for his wife or ten-year-old son, Hughie, until next summer. He intends to put in three years at Harvard and hopes to receive the degree of Doctor of philosophy.

Hardly had the "Kid" been informed of the decision than he hustled to a telegraph office and relayed the message to Mrs. Wedge at their home in Tuscon, Ariz.

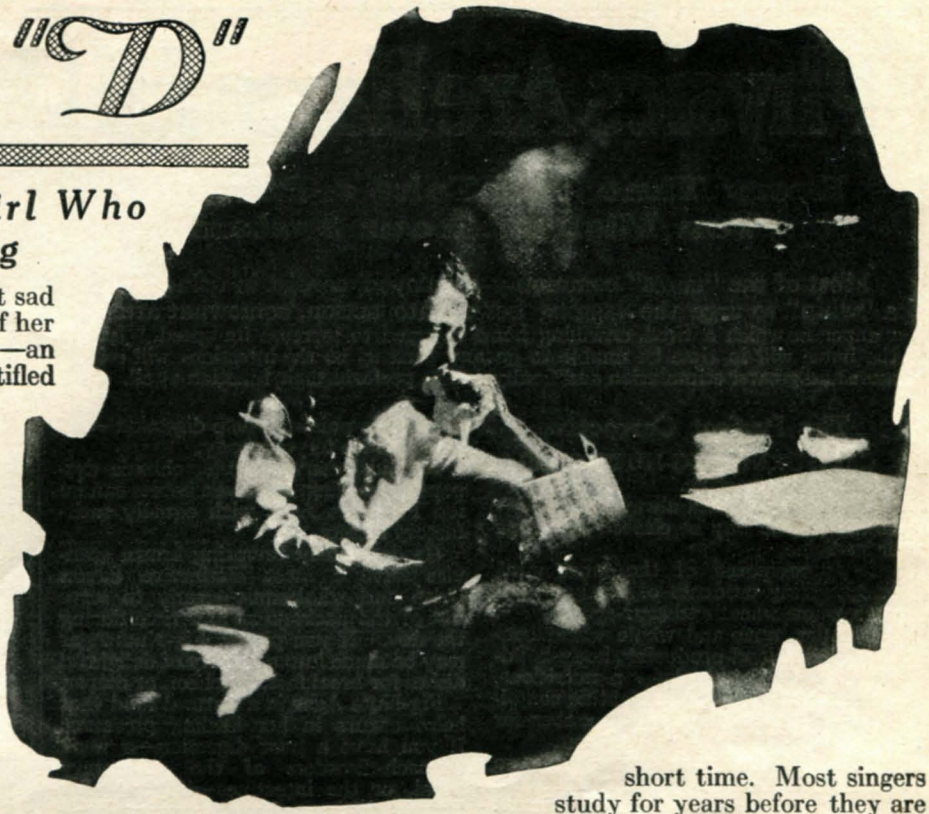
Wedge, who is forty years old, came across the country in freight cars to seek admission to Harvard. He previously had been graduated from the University of Arizona, and then became principal of a high school at Prescott. His desire for an education came after his marriage and was inspired by his wife. Up to the time of his marriage he fought in the ring in lumber camps in Wisconsin and later in Nebraska.

N. Y. Tribune. Feb 16 1922

A clipping from the front page of the New York *Tribune* of February 16th, referring to the ultimate triumph of Fred Wedge in his fight for an education. Above, Mrs. Prudence Wedge, described as "just a girl forty-one years young, because of physical culture methods." And, at the right, little Hughie Wedge, a typical physical culture youngster, now ten years old, and in the sixth grade at Tuscon, Ariz.

High "D"

A True Story of a Girl Who Wanted to Sing



HOW well I remember that first sad letter she wrote me. It told of her ambition to be a great singer—an ambition that was gradually being stifled by her loneliness, her poverty, and the seeming hopelessness of her struggle. Yet through it all there was still a note of determination—a pluck that made me vow to see her through.

We started to work together. Four weeks passed without another word from her. You can imagine my anxiety. How I longed to know whether I had come into her life in time to revive the spark of ambition that had almost perished. Then came the first of those wonderful letters. It was just a short note, but what a world of happiness it conveyed. Only a music student can understand the thrill of it—that first joyous moment—

> Dear Professor Feuchtinger:—
> I am already finding an improvement in my upper tones and am able to sustain the high "D" for the first time in my life.

How eagerly I watched for her letters. Her enthusiasm was so genuine, so naive. But sometimes I wished that she would be a little less modest in her accounts of new triumphs. It was just a year later that Ferretti praised her singing. She wrote me all about it.

> Dear Professor Feuchtinger:—
> The last concert at which I sang was another triumph for your method. The hall was a big one and although the baritone and tenor both had big voices, my voice carried the best of all, even down to the lowest notes. I no longer have the fear of bad acoustics that I used to have.
> When it was over, Mr. Sarcoli told me that Ferretti, another Italian baritone who was there, had said that I did some things in the "Ah fars' e lui" aria that very few people could do, and I was very pleased.

Triumph after triumph. One day she wrote and told me she was going to the Orient on a concert tour. I often thought of her and wondered about the strange new sights, the wonderful experiences that each new day was bringing her. And then I heard from her, from Yokohama, she wrote this to me:

> My dear Professor Feuchtinger:—
> Your wonderful course has increased the volume and compass of my voice without in any way injuring the quality or flexibility—top C sharp and D now come with little or no effort and my whole voice is stronger.
> I am able to get the echo effects in "Dinorah" much better than I could before and the staccato notes at the end have about three times the former volume. I feel that I owe you so much that you should be told of my success. Your exercises are simply invaluable.

And now she is back in the United States, preparing for a career in opera. Just last May, she wrote from New York. The monogrammed stationery was quite different from the note paper that she had used when she wrote me that enthusiastic little note three years before. It told more subtly than words the story of her success:

> My dear Professor Feuchtinger:—
> I shall certainly be delighted to tell anyone what your course did for me. In fact I have been telling people for the past three years and tried to start several people in the work in Japan, and some of them have sent for your course.
> When one lives in New York as I do now and sees the number of wholly unqualified people who are teaching singing, it seems as if there ought to be some test for teachers.
> I think that learning ten operatic roles, one after another, is a pretty good test of the condition of a person's throat, don't you? My voice doesn't seem to have sufiered in the least from it.

I am very proud. It is remarkable for a young woman to work up into opera in such an amazingly short time. Most singers study for years before they are even given an audition. And the most remarkable part of it all is that the writer of these letters received her entire training from me before she ever saw or spoke to me. I gave her all her instruction by correspondence.

THIS is Professor Feuchtinger's own true story of one of his students. Her name and address will be sent to anyone interested. The name will doubtless be well known to you. And Professor Feuchtinger—he is the famous voice teacher who has devoted his life to teaching students who cannot leave home—who cannot afford the expense of studio lessons and living away from home in a large city—who cannot give up their daily work—but who want to study and improve their voices. Professor Feuchtinger was famous before he established the Perfect Voice Institute. He is a descendant of a long line of musical ancestors. His books on voice culture are known everywhere; among his pupils are famous opera stars. Since the establishment of his Chicago studios, Professor Feuchtinger has trained thousands of singers and speakers. And he can cultivate your voice—train it for speaking or singing—by the same methods he used with them.

Your voice can be improved 100%. Professor Feuchtinger's system of training simply follows the natural laws of vocal development. It is a thoroughly scientific method that gives the student a clear conception of what he is doing, and the opportunity to watch his own progress.

You do not know the possibilities of your own voice. If your voice is inharmonious or harsh, or if it lacks power, your vocal organ (particularly the important Hyo-Glossus muscle) is weak. You can make your voice strong and beautiful if you develop your muscles by the correct training.

Write to Professor Feuchtinger or send him the coupon below. He will send you free his interesting book, "Enter Your World." It will give you a clearer understanding of the scientific method of training your voice. Find out more about this opportunity. It may be the first step in your career. Send for your copy today. Address Perfect Voice Institute, 1922 Sunnyside Ave., Studio 9725, Chicago.

PERFECT VOICE INSTITUTE
1922 Sunnyside Ave., Studio 9725, Chicago, Ill.

Dear Prof. Feuchtinger: Will you please send me a copy of your new book "Enter Your World"? I understand that this is free and that there is no obligation on my part. I am interested in

☐ Singing ☐ Speaking ☐ Stammering ☐ Weak Voice.

Name.....

Address.....

.....

Physics Are Harmful!

Every Time You Take a Purgative You Mistreat Your System

Most of the "cures" commonly employed consist in using force or a "whip" to urge the lagging bowel into action, somewhat after the manner in which a tired, unwilling horse is urged to increase its speed. Just as the horse will in time be unable to go any further, so the intestines will require more and greater stimulation and finally fail to perform their function at all.

The Perfect Corrective

CALIFORNIA FIG-NUTS AGAR is the perfect corrective.

It is first, last and always a FOOD—and can in no way be classed as a drug or medicine.

It is composed of the most vital, health-giving products of Nature—figs, nuts, whole wheat and agar-agar.

The figs, nuts and whole wheat contain all the blood-producing, body-building elements required for a nutritious, nourishing food. This scientific combination is dextrinized which makes for easy digestibility and assimilation.

The addition of agar-agar supplies to CALIFORNIA FIG-NUTS AGAR that element which makes them an efficient corrective.

What Is Agar-Agar?

Agar-Agar is a marine algar—sea gelatin—tasteless, colorless—and in no sense a drug. It is non-irritant.

While passing through the stomach and bowels it will absorb twenty times its weight and five times its bulk in water drawn from the fluids of the stomach. While passing through the entire intestinal tract in the form of semi-solid gelatinous granules, it gives great aid to sluggish muscles, lubricates the walls of the intestines, increases the peristaltic action and carries the moisture to the lower bowel, thereby softening the stool and furnishing a very easy, thorough cleansing.

Imagine, if you can, a number of small, clean sponges going through the bowels and intestines, softly and gently—but thoroughly—cleansing the walls, carrying all waste matter before it into the colon where it is easily evacuated because of the moisture added to the fecund.

That's the Way FIG-NUTS AGAR Operates

Unlike a purgative, cathartic or other artificial means, there is no tendency to weaken or irritate and the results are soothing and permanent.

By the regular use of this wholesome, nutritious food you are protected from the many ills arising from constipation. It forms no habit. It will keep your system clean and sweet. It will sponge out all the poisons—help digestion—and bring health to your body.

Invalids, convalescents, chronic dyspeptics, children and even babies can be fed Fig-Nuts Agar with equally satisfactory results.

Its deliciously tempting brown granules have a most distinctive flavor. Crisp and wholesome—ready to serve out of the package at any time during the day. If you prefer, Fig-Nuts Agar may be made into a variety of delightful dishes for breakfast, luncheon or dinner.

Fig-Nuts Agar is a natural food that helps nature in her healing processes. If you have a poor digestion—a weak stomach-disorders of the alimentary canal, or the intestines—if you suffer from gastritis or chronic constipation—Fig-Nuts Agar will aid you in dispelling the CAUSE of your disorder. Used as a daily diet the results are almost immediate. It corrects the habit of constipation and brings about a normal, healthy condition in the intestines. Thousands of men, women and children all over the country eat at least one meal of Fig-Nut Agar every day. They have used it in correcting subnormal conditions—and now it is their daily safeguard against disease.

Try a Can at Our Expense

Use the coupon below. Get only two cans of this wonderful health-food and see how quickly you will note its benefits. Use is the most convincing proof we can offer. After you have used one can, if you are not more than pleased with Fig-Nuts Agar your money will be refunded without question. Simply return the full can and your money will be sent you at once.

We are willing to make this offer because we know that Fig-Nuts Agar will do all and more than we claim for it. Used and recommended by leading physicians and dietitians. We have on file letters from thousands of satisfied users all over America. Take advantage of our liberal trial offer today and let Fig-Nuts Agar help you dispel the cause of your disorders.

California Fig-Nut Company
529 West Chapman Street, Orange, California

California Fig-Nut Co., 529 W. Chapman St., Orange, California

I enclose $1.50 for which please send me two cans California Fig-Nut Agar.

Name.....

Street or R. F. D.....

City.....State.....

(*Continued from page* 86)

didn't blame them for not trusting me, for El Paso has so many lungers from all parts of the United States who foolishly think that only climate will cure them, that the restaurant owners would be forced into bankruptcy if they extended credit to every tubercular sufferer that came along. The street-car company had a restaurant in their clubhouse that served a midnight lunch to employees, and allowed the street-car men to draw a book on credit, which the boys called a "pie book." My money was gone, but I could draw a pie book on credit, and I managed on one meal a day for two weeks. I worked with a high fever and broke all the rules of the stuffing system and rest cure ever invented by the tubercular specialists.

At the end of the first week I was notified that unless I paid my board in advance I would have to vacate my room. I stored my trunk and used the car barn for sleeping purposes until my first pay day. This really was a great help to me in more ways than one. The night dispatcher knew where I was sleeping and when some man failed to "shine" (show up for his run), I would be called for the extra run. In this way I was able to earn additional money besides the regular $3.11 per day that I received. All my spare time I spent in reading my course on the cure of tuberculosis, and was eagerly looking forward to the first pay day when I could begin to put into practice those principles of physical culture.

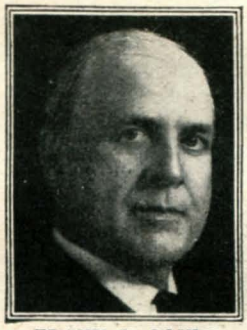
I must appear inexcusably egotistical if I did not let you know that often I felt like quitting. Many a night during those first two weeks I would awake in the car barn, covered with a cold sweat. During the day my fever would rise and sometimes I had such a feeling of faintness that I thought each trip to Fort Bliss would be the last one. I am sure I would have given up, but every time I felt like quitting I thought of that wife and boy in the Northland, and tried a little harder for their sakes.

Including the extra time I worked during those two weeks, I made over fifty dollars, and immediately began my cure for tuberculosis. I could now purchase the vegetables, raw eggs and milk I needed to build up my strength and vitality. Every morning I went through a thorough system of physical training for chest, neck, waist, back and abdomen, keeping a friendly relationship between my heart, stomach, liver, and lungs. Before these exercises in the morning I gave my body a thorough friction bath, and later I was strong enough to take a cold shower every morning. The fixed chest breathing I continued several times a day. I discarded the woolen under-garments which most physicians advocate, even though people die like sheep because of lack of air on the body. I began to wear the short-armed, short-

(*Continued on page* 90)

How America's Leading Men Safeguard Their Health

By Frank G. Soule



FRANK G. SOULE

HOW many times have you picked up your morning paper and read something like this:

"Mr. John Smith, the well known merchant, was stricken last night in his home with an acute attack of ————. He died before medical aid could reach him. Mr. Smith's sudden and untimely death will come as a profound shock and tragic surprise to the entire community as he *apparently had been in the best of health!*"

Mr. Smith's "sudden" and appalling death got into the papers because of his prominence. But for every Mr. Smith there are thousands of men and women stricken, and snatched away in the prime of life, people whose "sudden" deaths are not of enough importance as "news" to be recorded.

And Mr. Smith *apparently had been in the best of health!* But as a matter of fact his death was not "sudden." Like hundreds of men in your very community are doing today, *he had been dying for years without knowing it.* Had he taken the same precautions with his precious human machine that America's leading men now take with theirs, he might have been spared for many more years of healthful, vigorous life.

For it is true that always, for months, even years, there are unmistakable indications in every person's system which show definitely and conclusively exactly what is wrong. But the pity of it is that the diseases which cause these "sudden" deaths in the prime of life, diseases that often carry off litltle children, almost in the twinkling of an eye, are so insidious in their attack that there is no outward symptom of their presence until the victim has passed beyond all hope of recovery. In fact, an alarming feature of these diseases is that the very poisons in the blood which cause such "sudden death" often give a fictitious stimulation which gives the victim all the appearance of good health; rosy cheeks, bright eyes and unusual energy. Yet all the time the body may be slowly but surely breaking down under the vicious influence of these unseen poisons.

Because there are 600,000 deaths in the United States each year from preventable diseases—because there are 3,000,000 people sick all the time, most of them needlessly so—because many of these insidious diseases stimulate a fancied feeling of good health and energy—because there are no outward signs which show that the system is slowly getting to the point where "sudden death" is likely: It is for these reasons that America's big men have demanded some kind of efficient protection against the lightning-like death that strikes everywhere, everyday.

Fortunately there is a way to know when this unseen and unfelt disintegration has started, and there are many simple ways of checking the progress of the diseases and restoring the patient to perfect health. Science can warn you of approaching danger, protect you and your loved ones from these diseases and add, perhaps from ten to twenty years to your normal life span.

It is by the use of these scientific measures that America's Leading Men: such men as Wm. Wrigley, Jr., Carl Laemmle, President of the Universal Film Company, George Ade, the Famous Humorist, Chick Evans, the Golfer, Paul A. Harris, the founder of the Rotary idea, Justice O. N. Carter of the Illinois Supreme Court and thousands of other men at the heads of their professions—brokers, lawyers, judges, doctors, preachers, manufacturers, builders, contractors, publishers, editors and writers—protect themselves against, and have ample warning to ward off the slow disintegration caused by sedentary living, lack of exercise and high pressure brain work. These men—every ninety days—without leaving their offices and without spending more than four minutes each year, obtain the most thorough and complete analysis of their physical condition ever made and receive a detailed report showing exactly what may be wrong. In addition they receive a sheet of helpful suggestions for correcting the trouble and warding off the disease that might otherwise strike death into their midst, deprive their businesses of their guidance, their friends of their association and their loved ones of their protection.

A few years ago, such a service as this—by virtue of its cost and inconvenience—was out of the reach of most men. Only moneyed men could afford to undergo, at the hands of specialists, an examination which showed the exact condition of their bodies. But now, thanks to the corps of trained Scientists and specialists maintained by the National Bureau of Analysis, this service has been put within the reach of every man and every woman and made available for every child at a cost which is insignificant when compared with the value of human life.

Send for Free Book on Health

Remember that personal appearance and a feeling of well-being are not always an indication of good health. Instead, the very feeling of good health and energy which you have today may presage a breakdown, possibly a long illness—possibly "sudden" death.

***WILLIAM WRIGLEY, JR.,** president of the company which bears his name, is one of the hundreds of leading American business and professional men who safeguarded themselves against serious illness and "sudden" death.*

Do not live in a fool's paradise of fancied good health. Accept the friendly warning of an unbiased and unprejudiced organization such as the National Bureau of Analysis and find out at once what is really happening to your body, unknown to you. Send at once for our brochure entitled, "Why People Die Too Young." It will not obligate you in any way. No solicitors will bother you. You will not be urged to subscribe to the Bureau's Service. But with this booklet in hand you will be better able to tell exactly whether you need such a life-saving service as the Bureau offers and exactly what it can do for you. Show the brochure to your physician if you like. Get his opinion. Then even if you do not subscribe, the knowledge gained from a reading of this valuable treatise will be of inestimable value to you. Simply fill in and mail this coupon today.

NATIONAL BUREAU OF ANALYSIS, Dept 15
1920 Republic Bldg., 209 S. State St.,
Chicago, Illinois

Gentlemen: I am interested in learning how to prevent needless illness and how to prolong my life. Without any cost or obligation whatever to me, please mail a copy of your valuable Treatise on Health, "Why People Die Too Young."

Name.....

Address.....

City.....

From "One of the Unemployed" To $100 a Week

"Yes, it's tough to be out of a job." It was the employment manager speaking. "And *there's* a man who knows it, too," he added, pointing to the Chief Draftsman whose office door was open. "A year ago Mr. Macy lost his job as a clerk and he found new jobs scarce. He determined then to fit himself for a *real* job.

"Studying the Help Wanted ads opened his eyes to a field where there never seemed to be enough men for the jobs, bad times or good times. He found there was constant demand for skilled Draftsmen, at better salaries for beginners than he'd ever got in any job.

"A Chief Draftsman friend told him how *he* and thousands of other successful Draftsmen had trained themselves for their jobs. They had taken the Home Study Course of the COLUMBIA SCHOOL OF DRAFTING. Mr. Macy wrote for literature and enrolled for the course.

"The secret of a permanent job, with steady advancement, is *specialized training.* Mr. Macy as a clerk a year ago got $22 a week, as our Chief Draftsman he gets $100."

COLUMBIA Will Do As Much For You

The answer to every ambitious man's desire to succeed is the COLUMBIA SCHOOL OF DRAFTING. Chief Draftsman Macy got out of the rut of a small-paid job. You can do it too the COLUMBIA way. If you have talent, taste, liking or interest in machinery, construction or electricity—you can fit yourself for the well-paid Drafting profession. It opens the way to still bigger-salaried positions as Chief Draftsman, Engineer, Production Manager and other executive ranks.

You need only ordinary intelligence and *ambition* to master the Course. We give practical work *right from the first lesson.* We give you instruction as personal as if you were our only pupil. We furnish you with a complete professional Drafting outfit. We help you get a job when you've completed the Course. You may be capable of accepting one *before* then. Mail the coupon and convince yourself. Every day's delay robs you of a day's bigger pay. Mail it now.

COLUMBIA SCHOOL OF DRAFTING
Dept. 1742,
14th and T Sts., Washington, D. C.

COLUMBIA SCHOOL OF DRAFTING
Dept. 1742, 14th and T Streets
Washington, D. C.

I want to know what sort of a future Drafting offers me. Please send me your free book, "Your Future in Drafting" which also describes your course and tells how you will help me get a position as Draftsman.

Name.....

Address.....

City..... State.....

(*Continued from page* 88)

legged garments that admitted the air to my body and brought increased vitality. I changed my sleeping quarters from the bench in the car barn to an open air sleeping place in the suburbs of El Paso. In three months I had gained thirty pounds of new strong tissue, and the tubercular fever, night sweats and coughing had become ancient history.

I continued the course of cold baths, diet and exercises, for I realized that many make the mistake of discontinuing a course of cure after they experience some improvement. In three months I was strong enough to work for the El Paso and Southwestern Railroad as a switchman. William Adair, the yard master, knew of my case of tuberculosis and was in some doubt at first as to whether I had the strength for such strenuous work. There are few branches of railroad service that require more endurance than switching box cars. This yard especially, was known as a "hot foot yard." However, it was during the wartime rush and the examining physician and railroad authorities were not drawing the lines on physical perfection as tautly as in times of peace. Physicians said switching and climbing box cars would kill me, but I kept up my course in diet, baths and exercises, and was able to hold the job for seven months.

Ten months from the time I was carried on a stretcher to Rockford and loaded on a train to El Paso I began hard training for a ring battle that was to decide the welterweight championship of the Southwest. I had previously boxed Charlie Short in an exhibition before three thousand soldiers at Fort Bliss, and the showing I made that night convinced the fight fans of El Paso that I was ready to fight Tommy Murphy for the welterweight championship of the Border. All over the country the papers which ten months before had told my friends among the boxing fans that I was going to die of tuberculosis, now published articles headed "The Greatest Come-back in the History of the Squared Circle," "Kid Wedge K. O.'s Kid T. B." None of these papers told the secret of my come-back or placed the credit where the credit was due. Most of them extolled my grit, but that had little to do with it. My course in physical training had strengthened my lungs till I was able to do several miles of road work each day in preparation for the fight. In the afternoon I skipped the rope, worked on the pulleys, punched the bag three-minute rounds, and boxed three rounds with Nick Gundy, featherweight champion of the Southwest, three rounds with Jack Arnold, and three rounds with Rivertyr Casey, a strong, husky boiler-maker from the S. P. R. R. shops.

On New Year's Day, 1918, ten months after I had begun my cure, there were four thousand fight fans gathered at the Fort Bliss Studorium to witness a battle between a strong, young, clever fighter against a man thirty-eight years of age who should have been dead and buried seven months before the battle, according to the Tuberculosis experts. The bout was scheduled for ten rounds. The soldiers of Fort Bliss, two thousand strong, were backing their army champion to win inside of six rounds. There was plenty of money that the "ex-T. B. would not go four rounds." Two thousand El Paso civilians were there to bet that I would last the ten rounds. Physicians tried to stop the fight, saying "It is murder in the first degree to let a lunger fight a strong young fellow like Tommy Murphy." Dr. Strong, a prominent El Paso physician and former U. S. Army surgeon, examined me at the ringside and pronounced me in condition to fight.

For four rounds Murphy led and tried hard to save the four round bets, but in the fifth round I was still taking a terrific beating. Then Murphy tried to save the six-round money and worked even harder. In the seventh round the old lunger came out and what he did to Murphy will be found in a copy of the El Paso *Herald* dated January 2nd, 1918, written by Roy Emmick, sporting editor of the *Herald*. Four thousand fight fans stood as one man when Murphy was dropped for the count of four! The remaining rounds were called by the sporting editors as even; many in the audience who only look at the finish of a battle in deciding the winner, thought there should have been a "draw decision," but the young, hard-hitting welterweight Champion of the Army had piled up such a lead in the first six rounds that referee Billy Smith very justly gave the decision to Tommy Murphy.

I began to realize that at my age a man could not expect to go on winning battles in the prize-ring, and determined to prepare for a profession in the intellectual world. After the New Year's battle with Murphy I moved to Tuscon, Arizona, where the State University is situated, and began to train for the work of a high school teacher. I secured a job switching box cars for the Southern Pacific Railroad at Tuscon, working from four o'clock in the afternoon till twelve at midnight. Then I went home and studied till two and sometimes three o'clock in the morning. They say Napoleon lived on four hours' sleep a day, but I had to make "Nap" look like Rip Van Winkle to secure a Bachelor of Arts' degree and a First Grade Certificate. There were several times when I fell asleep in class, but the professors were very kind and considerate because when I was awake I tried hard to learn.

After receiving a Bachelor of Arts' degree from the University of Arizona on June 3rd, 1920, I secured a First Grade Certificate and was elected by the Board

(*Continued on page* 92)

NERVOUSNESS

Are You Master of Your Nerves or Are Your Nerves Master of You?

By PAUL von BOECKMANN

NERVOUSNESS—We hear about it everywhere. A doctor tells his patients, "It's your nerves." Sensitive and high-strung women complain of their "nerves." We see evidences of "nerves" everywhere—in the streets, in the cars, in the theaters, in your business, and especially in your own home—right in your own family.

Nervousness is not a disease; it is a condition. A doctor may pronounce you as sound as a dollar organically and yet you may be on the verge of a nervous collapse. What does it all mean? What is meant by nervousness? BRIEFLY: NERVOUSNESS IS A SYMPTOM OF NERVE EXHAUSTION.

The Nervous System generates a mysterious energy termed "Nerve Force." It is the power that controls every organ, every muscle and even the Mind. If you over-tax or abuse your Nerves through worry, fear, grief, shock, or disease, your flow of Nerve Force becomes feeble, and we then have neurasthenia, which meams NERVE EXHAUSTION.

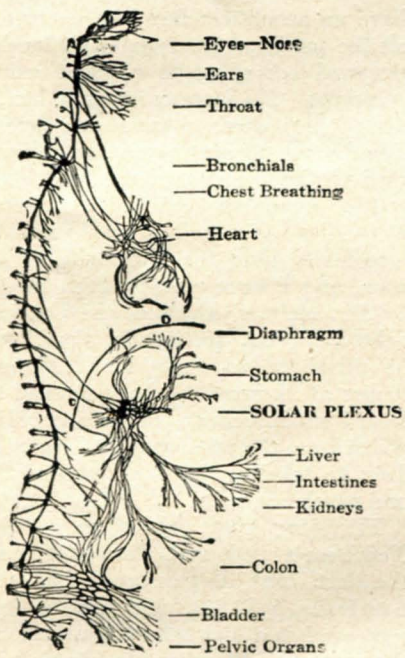


Diagram showing the location of the Solar Plexus, known as the "abdominal brain," the great center of the Sympathetic (Internal) Nervous System. Mental strains, especially grief, fear, worry and anxiety paralyze the Solar Plexus, which in turn causes poor blood circulation, shallow breathing, indigestion, constipation, etc. This is turn clogs the blood with poisons that weaken and irritate the nerves. Thus Mental strain starts a circle of evils that cause endless misery, aches, pains, illness, weaknesses and generally lower mental and physical efficiency.

The symptoms of Nerve Exhaustion vary according to individual characteristics, but the development is usually as follows:

FIRST STAGE: Lack of energy and endurance; that "tired feeling," especially in the back and knees.

SECOND STAGE: Nervousness; sleeplessness; irritability; decline in sex force; loss of hair; nervous indigestion; sour stomach; gas in bowels; constipation; irregular heart; poor memory; lack of mental endurance; dizziness; backache; headache; neuritis; rheumatism, and other pains.

THIRD STAGE: Serious mental disturbances; fear; undue worry, melancholia; dangerous organic disturbances; suicidal tendencies, and, in extreme cases, insanity.

If your NERVES have reached any of the three stages of depletion, you ought to take immediate steps to determine the cause and to learn what to do to build up your Nerve Force, for Nerve Force means Life Force—Brain Force—Vital Force—Organic Force—Dynamic Force—Personal Magnetism—manliness and Womanliness.

No man WITH Nerve Force has ever stood in a bread line.

No man WITH Nerve Force has ever been down and out.

No man WITH Nerve Force had ever acknowledged himself "licked."

No man WITH Nerve Force has ever failed to attain success.

And, on the other hand, WITHOUT Nerve Force no person of either sex in any walk of life has ever reached the top, has ever achieved success, or has ever gotten the fullest enjoyment from life itself. WITHOUT an abundant supply of Nerve Force our lives are wrongly adjusted, we fail to utilize our full powers, and we cheat ourselves of our birthright of health and vigor.

"A sound mind in a sound body" depends upon sound nerves. And to be a WINNER, even in a small way, demands, *first of all*—NERVE FORCE.

This, of course, applies to women as well as men.

I have made a life study of the mental and physical characteristics of nervous people, having treated more cases of "Nerves" during the past 25 years than any other man in the world (over 90,000). My instruction is given by mail only. No drugs or drastic treatment of any kind are employed. My method is remarkably simple, thoroughly scientific, and always effective.

I shall agree to send you further information regarding my system of treatment FREE and without any obligation on your part. Everything is confidential and sent sealed in a plain envelope.

You should read my 64-page book, "NERVE FORCE." The cost of this book is only 25 cents (coin or stamps). The book is not an advertisement of any treatment I may have to offer. This is proved by the fact that large corporations have bought and are buying this book from me by the hundreds and thousands for circulation among their employees—efficiency. Physicians recommend the book to their patients—Health, Ministers recommend it from the pulpit—Nerve Control, Happiness. Never before has so great a mass of valuable information been presented in so few words. It will enable you to understand your Nerves, your Mind, your Emotions, and your Body for the first time.

Read the book at my risk, that is, if it does not meet with your fullest expectations, I shall refund your money PLUS your outlay for postage. My advertisements have been appearing in this and other standard magazines for more than 20 years. This is ample evidence of my integrity and responsibility.

The following extracts are quoted from letters written by people who have read the book:

"I have gained 12 pounds since reading your book and I feel so energetic. I had about given up hope of ever finding the cause of my low weight."

"I have been treated by a number of nerve specialists, and have traveled from country to country in an endeavor to restore my nerves to normal. Your little book has done more for me than all other methods combined."

"Your book did more for me for indigestion than two courses in dieting."

"My heart is now regular again and my nerves are fine. I thought I had heart trouble, but it was simply a case of abused nerves. I have reread your book at least ten times."

Paul von Boeckmann

Author of Nerve Force and scores of other books on Health, Psychology, Breathing, Hygiene and kindred subjects. Over a million of his various books have been sold during the last 25 years.

He is the scientist who explained the nature of the mysterious Psycho-physic Force involved in the Coulon-Abbott Feats, a problem that had baffled the leading scientists of America and Europe for more than thirty years, and a full account of which has been published in recent issues of "Physical Culture Magazine."

A woman writes: "Your book has helped my nerves wonderfully. I am sleeping so well and in the morning I feel so rested."

"The advice given in your book on relaxation and calming of nerves has cleared my brain. Before I was half dizzy all the time."

A physician says: "Your book shows you have scientific and profound knowledge of the nerves and nervous people. I am recommending your book to my patients."

A prominent lawyer in Ansonia, Conn., says: "Your book saved me from a nervous collapse, such as I had three years ago. I now sleep soundly and am gaining weight. I can again do a real day's work."

The Prevention of Colds

Of the various books, pamphlets and treatises which I have written on the subject of health and efficiency, none has attracted more favorable comment than my sixteen-page booklet entitled, "The Prevention of Colds."

There is no human being absolutely immune to Colds. However, people who breathe correctly and deeply are not easily susceptible to Colds. This is clearly explained in my book NERVE FORCE. Other important factors, nevertheless, play an important part in the prevention of Colds—factors that concern the matter of ventilation, clothing, humidity, temperature, etc. These factors are fully discussed in the booklet Prevention of Colds.

No ailment is of greater danger than an "ordinary cold," as it may lead to Influenza, Grippe, Pneumonia or Tuberculosis. More deaths resulted during the recent "Flu" epidemic than were killed during the entire war, over 6,000,000 people dying in India alone.

A copy of the booklet, Prevention of Colds, will be sent *Free* upon receipt of 25c with the book, "Nerve Force." You will agree that this alone is worth many times the price asked for both books.

PAUL von BOECKMANN,
110 W. 40th St., Studio 13, New York, N. Y.

Dear Sir: I desire to investigate your method without obligation of any kind. (Print name and address plainly.)

Name .....

Address .....

.....

Enclose 25c if you wish the books

MRS. GRACE HORCHLER WHEN SHE WEIGHED 234 LBS.

LOST:

Seventy pounds in four months

THE search for a really successful means of reducing is *ended*. I'll reduce you to normal weight and measurements as surely as you give me the chance. Proof that I can costs you *nothing*.

Mrs. Grace Horchler weighed 234 pounds; she was but 5 ft 6 in tall. She had been stout for years, and tried several ways to reduce. Then she gave my reducing records a trial. The first week she lost nine pounds. The second week eight more. Week after week she reduced, until just four months later her weight was down to 164 lbs. Mrs. Horchler resides at 4625 Indiana av Chicago. She is a real person, her experience with my reducing records is real, and the figures and pictures will tell you that my course got very real results for her.

THIS IS MRS. GRACE HORCHLER AS SHE APPEARS TODAY.

Start Reducing NOW

Why wait another month—or even one more week—to reduce by the melody-method? It is a positive method, and a very pleasurable one. There is something irresistible about it all—the only complaints I receive are the shortness of the daily lessons! With every move photographically shown, each command and count of the records clear, and a full orchestra to sweep you through it all—you won't want to stop, and you can't fail to get results.

I have reduced thirty thousand people in this modern manner. Some were only five pounds too heavy; others more than fifty. It is safe to say that, among them, many were more difficult cases of obesity than *yours*.

FREE Proof

Fill in the handy application form below. By first return mail, prepaid, will come a full-size, double-faced reducing record. With it my complete instructions for the first five-days' lessons. All I ask you to do is *try* it. You make no promises to pay; nor need you feel the least obligation. But for your own sake, *investigate* 'Getting Thin to Music.'

— — — — — — — — — — — — — — — —

WALLACE, 630 S. Wabash Ave, Chicago

Please send record for first reducing lesson, free and prepaid. I will either enroll or mail back your record at the end of a five-day trial. (60)

(Miss or Mrs.) _____

(Address) _____

(*Continued from page* 90)

of Education to become the Principal of Benson Union High School at a salary of three thousand dollars a year.

The PHYSICAL CULTURE Magazine has a prominent place in our school library. We won the state basketball championship, losing only one game during the entire season. We contested in the finals against the teams from the largest cities in Arizona, and won every game in the final tournament for the championship. After two recitation periods every pupil is required to take fifteen minutes of outdoor physical training. I made careful measurements and tests each month and found that the pupils not only gained in weight and strength, but increased in their mental efficiency and ability to concentrate. When I was notified that a physician was to visit the school to vaccinate the pupils for the prevention of smallpox, I immediately advised the parents and children as to the dangers resulting from vaccination, backing up my statements with scientific facts. The result was that every pupil escaped the horrors of vaccination and the evil effects of inoculations of disease virus.

Ours is a physical culture school. We have an absolutely free lunch served to all the pupils at noon and this lunch is prepared according to physical culture principles. No more carrying of lunches and eating decayed meat sandwiches. The brains of our pupils are supplied with vitality-building elements.

The Graduate School of Harvard University has passed favorably upon my credentials from the University of Arizona, and I have recently been notified by Dr. Holmes, Dean of the Graduate School of that institution, that I will be permitted to study for a Master's degree at Harvard. I have notified the Board of Education of the school of which I am the principal that I am going East to take special work in education and psychology.

The thing worth while was not that New Year's battle at El Paso in 1918, not the fact that I graduated from the University in 1920, nor that I have succeeded as a high school principal, but the part physical culture had to do with that come-back. More than a monetary consideration, higher than any financial reward, I place this opportunity to demonstrate that physical culture advocates are right and the physicians are wrong in their treatment of tuberculosis. The rest cure is killing thousands every year. I consider myself fortunate that I did not have the money to go to an expensive sanatorium where high-priced tuberculosis experts extract gold from hopeless tuberculars. Had I placed myself under the care of a tuberculosis specialist there would have been no fight on New Year's day, but underneath a southern sky a widow and orphan boy would have been placing flowers on my grave.

No More Gray Hair— Says Science

Wonderful, Clean, Colorless Liquid Restores Normal Color —Results in a Week

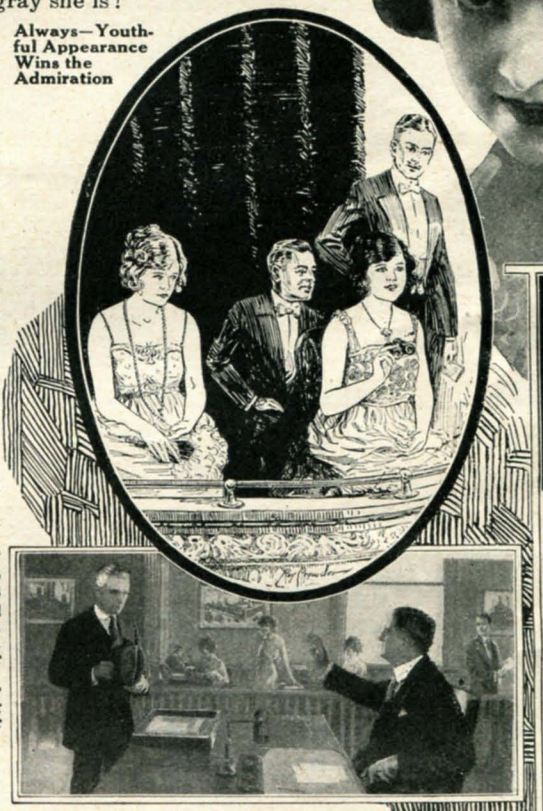
Secret Sought by Thousands Now Revealed

What is the story your mirror tells? Have you reason to feel that your friends are whispering, "She is showing her age. See how gray she is?"

Or are you a man still full of ambition and the ability to win and yet regarded as "too old for active service" because your hair is gray?

But no matter how gray it may be, you can see your hair restored to its former color with all the glossy richness which it had in early years.

You are to be shown how in the privacy of your own room, with hardly an effort, you can make a change which will bring youth to your appearance, joy to your heart.



Always—Youthful Appearance Wins the Admiration

Gray Haired—"Too old for active service."

Restores the Original Shade

This treatment comes in the form of a liquid, clean and colorless and known as Kolor-Bak. Simply apply it as directed and soon you will see the lost color returning to give your hair its former luxuriance and beauty.

You will find that Kolor-Bak brings perfect uniformity in the restored color. The hair will be the same color from roots to tips. As the hair grows it will not be dark on top, and gray beneath. It will not appear streaked or faded.

And, wash and clean your hair as often as you wish—the restored color will not be changed.

You not only have this uniformity, but you see your hair the actual shade it had in the past. Hair once brown becomes brown once more, once red it becomes red, once black it becomes black, once blonde it becomes blonde. Whatever the original color of your hair this one solution will bring the desired results—no need to "match" the shade you want.

That faded appearance is gone, any brittleness is absent also. Your hair is luxuriant, brilliant, soft, glistening, beautiful as ever—and that without any sticky, oily or greasy feeling.

Think of what this change would mean to you—not only in your improved appearance, but in the feeling that you really are young again. You will be simply amazed. Kolor-Bak must give you this or your test of it costs you nothing.

A Marvelous Relief for Dandruff, Itching Scalp and Falling Hair

Thousands have found also that Kolor-Bak works wonders in the most persistent cases of dandruff, itching scalp and falling hair. It contains beneficial ingredients. No nitrate of silver, no mercury, no coal tar, no henna or sage tea, no wood alcohol in Kolor-Bak. It is not greasy or mussy. It is pleasant to use.

This Guarantee Your Protection

With every full treatment we send our legal, written, binding agreement and guarantee

—That Kolor-Bak will restore gray hair to its original color, will remove dandruff, stop itching scalp and falling hair, and will promote the health of hair and scalp.

Thousands Tell You

"Have used Kolor-Bak to my utmost satisfaction where others have failed."

"What do I think of Kolor-Bak? Simply wonderful. No more gray hairs for me and dandruff a thing of the past."

"Words cannot praise Kolor-Bak enough."

"It restored the natural color to my hair and cured my little girl of dandruff."

"My hair was perfectly white—now brown as when young."

"Delighted! One bottle did the work."

"My hair began to turn natural color in twelve days."

"Am 60 years old. Hair was white. Now brown as in youth."

"One bottle restored my gray hair to its original color and put my scalp in healthy condition."

"Hair was streaked with white. Now a nice even brown and dandruff all gone."

"My hair was falling out badly. Kolor-Bak has stopped it and put it in fine condition."

"I would not take a thousand dollars for my Kolor-Bak," writes a grateful man who owes to Kolor-Bak the appearance of youth which enables him to hold his position."

"My hair turned gray when fighting in the trenches," writes a soldier of the "Old Hickory Division" (Tenn.). "Kolor-Bak has completely restored its former color."

From everywhere come words like the above praising this wonderful treatment for the hair.

My Hair Was Quite Gray

Only a short time ago my hair was quite gray and becoming grayer. It was falling out. My scalp itched and dandruff appeared.

Only a few applications of Kolor-Bak stopped the itching and dandruff. My hair soon stopped coming out. Most wonderful of all, however, is that my hair is again its original color. I look ten years younger. No wonder I'm so thankful for Kolor-Bak.

(A typical letter)

Special Free Trial Offer

To give you the fairest opportunity to learn by actual experience what Kolor-Bak will do, we are making a special proposition, particulars of which will be sent by mail to those who ask for it. No money to send, only the coupon.

No matter what you have used, unless you have already tried Kolor-Bak, you have not found the truly effective way to restore the vanished color. Of course you will want to compare this remarkable method with other kinds of treatment—and we want you to make the comparison at our risk. All that we can say, convincing as it may be, means nothing beside an actual test of Kolor-Bak.

When you see that wonderful change come over your appearance, when you see youth return in the glorious abundance of healthy, luxuriant hair, restored to its original color, when you enjoy that clean feeling which freedom from dandruff brings, when you see your hair stop falling out and when you are rid of itching scalp—then you will know Kolor-Bak as thousands of others know it.

Don't put this off a day. Send the coupon which not only entitles you to receive the free trial privilege, but brings our valuable book on Treatment of the Hair—free.

Don't send any sample of your hair as the one clean Kolor-Bak solution is for all hair regardless of former color. Mail only the coupon to Hygienic Laboratories, 3334-3338 West 38th Street, Dept. 575 Chicago, Ill.

HYGIENIC LABORATORIES
3334-38 West 38th St., Dept. 575 Chicago, Ill.

Please send your Free Trial Offer on Kolor-Bak and your Free Book on Treatment of the Hair and Scalp.

Name .....

Address .....

Your Health Is Your Fortune

WE earnestly advise that during National Physical Culture Week May 1st-8th) while you are introducing the blessings of Physical Culture Week into the lives of your friends you do not overlook your own personal health problem. Much can still be done in the way of improvement and no more appropriate time could be chosen to take stock of your physical requirements than National Physical Culture Week.

At the left of this page you will find the names of the books comprising the Physical Culture Health Library. Among them are one or more that will be of great benefit to you. Study them carefully and then, keeping in mind the books that apply to your particular problem, consult the alphabetically arranged column of stores at the right. The chances are that one of the stores handling Physical Culture Health Books is located in your city or within trading distance of your home. While the impulse is still upon you, go to the store and ask to see the books that interest you. The help they give will far more than repay you for any trouble you take in securing them.

On the other hand if it so happens that you live in a town or city where Physical Culture Health books are not sold by a local store we will appreciate your showing this page to the manager of your favorite store.

In the meantime, on page 12 are full directions for securing any Physical Culture Health Books you may desire direct from our supply rooms here in New York.

These Books May Be Purchased at Any of the Stores Listed at the Right of this Page

Constipation—Its Cause and Cure	$0.50
Crime of Silence	2.00
Encyclopedia of Physical Culture (5 Vols.)	cash 31.50 time 35.00
Eating for Health and Strength	2.00
Fasting for the Cure of Disease	1.50
Flat Foot—Its Prevention and Cure	.50
Gaining Weight	.50
Hair Culture	2.00
Headaches—How Cured	.50
How to Reduce Weight	.50
Manhood and Marriage	3.00
Miracle of Milk	2.00
Strengthening the Eyes	5.00
Strengthening Weak Nerves	.50
The Real Secret of Keeping Young	3.00
Truth About Tobacco	1.00
Vitality Supreme	2.00
Womanhood and Marriage	3.00

PHYSICAL CULTURE CORPORATION

119 West 40th Street, New York City

Physical Culture Health Books May Be Secured At Any of the Following Stores:

Albany—W. M. Whitney & Co.
Allentown—Hess Brothers
Akron—The M. O'Neil Co.
Auguste, Me.—J. Frank Pierce Store
Baltimore—Hochschild Kohn & Co.
Battle Creek—E. C. Fisher & Co.
Bethlehem—Bush & Bull Corp'n
Binghamton—Hills, McLean & Haskins
Boston—R. H. White Co.
Bridgeport—The D. M. Read Company
Brooklyn—Abraham & Straus
Buffalo—Adam, Meldrum & Anderson
Burlington—Hobart J. Shanley & Co.
Canton—E. J. Schlabach
Chicago—Berhalter's Health Food Store & Bakery
Marshall Field & Company
Paine Book Company
Physical Culture Office, 122 So. Michigan Ave.
Sears, Roebuck & Co.
Woodworth's Book Store
Zoe Johnson Co.
Cincinnati—The McAlpin Co
Cleveland—The May Co.
Cohoes—Alfred F. LaMarche
Davenport—J. H. C. Petersen's Sons Co.
Dayton—The Rike-Kumler Co.
Denver—The Denver Dry Goods Co.
Des Moines—Harris Emery Co.
Detroit—John V. Sheehan & Co., Inc.
Dubuque—Roshek Bros. Co.
Fort Wayne—Wolf & Dessauer Co.
Grand Rapids—Herpolsheimer Co.
Harrisburg—Dives, Pomeroy & Stewart
Hartford—Brown, Thomson & Co.
G. Fox & Co., Inc.
Indianapolis—L. S. Ayres & Co.
Johnstown—Penn Traffic Co.
Kansas City, Mo.—Doubleday Page Book Shop
Harvey Hotel & Restaurant Co., Santa Fe R. R. Stations
Lancaster—Hager & Bro.
Lansing—A. M. Emery
Lewiston—B. Peck Company
Lincoln—The Lincoln Bookstore
Long Beach—John Hewitt Book Shop
Los Angeles—The Broadway Department Store
Manila, P. I.—Philippine Education Co., Inc.
Minneapolis—Powers Mercantile Co., Book Section.
Nashua—Philip Morris & Co.
Newark—Hahne & Co.
New Haven—Edward Malley Co.
New Orleans—D. H. Holmes Co., Ltd.
New York City—The Baker & Taylor Co.
Brentano's
Wm. Green, Irving Pl. and 19th St.
Liberty Tower Book Shop, conducted by the Doubleday Page Book Shop Co.
Lord & Taylor Book Shop, conducted by the Doubleday Page Book Shop Co.
R. H. Macy & Co., Inc.
John Wanamaker
Oklahoma City—Parlette Wiggen Co.
Omaha—Matthews Book Store
Paterson—Quackenbush Co.
Peoria—Peoria News Stand
Philadelphia—John Wanamaker
Pittsburgh—Boggs & Buhl, Inc.
Kaufmann's
Portland, Me.—Loring, Short & Harmon
Portsmouth—The Acorn Book Shop
Ridgefield Park—The Park Music Shop
Rochester—Scrantom's, Inc.
Rutland—Geo. E. Chalmers Book Shop
Salt Lake City—Shepard, The Magazine Man, 632 Judge Bldg.
San Antonio—The Wolff & Marx Company
San Francisco—The Emporium
Scranton—Scranton Dry Goods Co.
Schenectady—The Carl Co.
South Bend—The Book Shop
Springfield, Ill.—Coe Bros.
Springfield, Mass.—Forbes & Wallace
Springfield, O.—The Wren Store
St. Joseph—Schroeder Book Shop
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Editorials by Our Readers

This department is maintained as an open forum for the discussion by our readers of subjects in line with PHYSICAL CULTURE'S editorial policy, including opinions concerning any statements made by contributors to our pages with which our readers may take issue, or upon which they may throw additional light, suggestions as to methods of increasing the interest and value of this magazine, or the presentation of any new thoughts upon health-building, eugenics, national physical fitness and other vital subjects. We cannot promise to publish all letters received, but all will be carefully and appreciatively read. Published letters will entitle the writers to a free subscription to PHYSICAL CULTURE if application is made therefor after publication.
—The Editor.

Story of a Pair of Twins

To the Editor:

Fundamentally all human beings are selfish. Being just two human beings, we, too, possess that vicious idiosyncrasy. Like all others, we are interested in anything that is partially or totally relevant to ourselves. We are twins and constant readers of your magazine, which we find highly interesting and instructive.

Judith and Mildred Elkins

Therefore, upon opening the October issue of the magazine, we were immediately attracted to the article entitled "What Twins Tell Us About Ourselves," which is the most interesting article we have read in a long time.

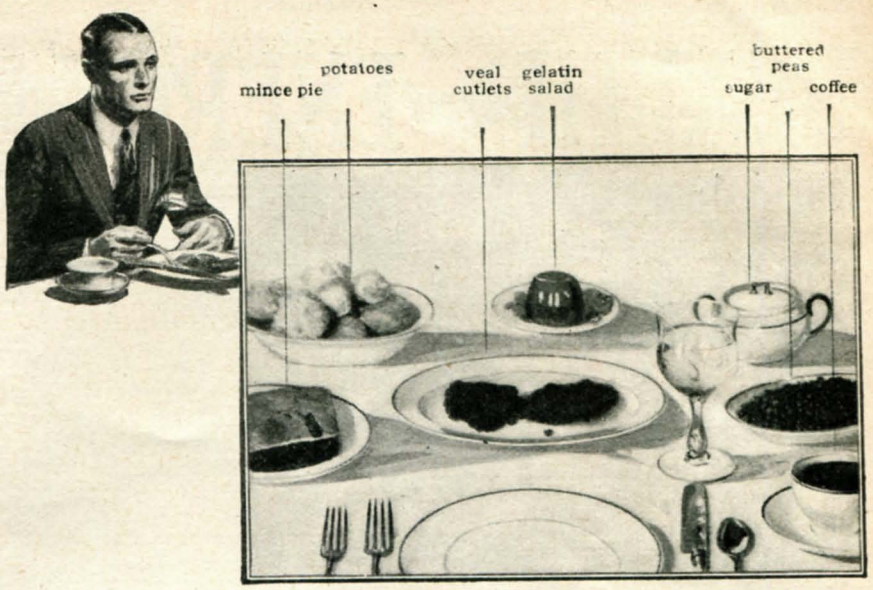
We note that in your article you state that some twins, especially duplicate or identical twins take ill at the same time. Strange and almost as inconceivable as it may seem, this past winter both of us suffered a nervous breakdown. We were both treated under the physchoanalysis methods, and we did not prove very responsive to this almost brutal treatment. We finally sought the assistance of a physician, with much better success.

The doctor who treated our case has admitted that in all his past experiences, in all his encounters in treating illnesses of a similar nature, he never witnessed as unusual and interesting a case, as ours proved to be. At that time, we were both obsessed with the same hallucinations, same fears, speaking the same foolishness, thinking the same thoughts, and in fact, doing everything at the same time and in the same way. The cause of our distress has not yet been ascertained, but anyway, we have been successfully cured.

Just to illustrate the similarity of our physical beings, during the "Flu" epidemic, we both fell victims to the malady, and both of our temperatures "flirted" with 104°. Our temperatures never varied more than one-half degree.

At one time we both had a good sized portion of pastry late one night, and the following morning at exactly the same time, we both vomited.

Of special interest is the striking similarity in our handwritings. We are both gay, flippant, affable, and happy-go-lucky. Due to many requests to relate personal anecdotes,



The crime you commit against your body tissues

Each year over 100,000 men and women still young pay the penalty for this wrong habit of eating

VEAL cutlets, boiled potatoes, buttered peas, gelatin salad, mince pie and coffee—all good foods. Recognized by thousands of American families as a satisfactory dinner.

And yet this dinner, unless supplemented with certain vital food factors, is a crime against your body tissues. Because thousands do not supplement this diet with these factors they undermine their health and succumb to diseases which prove fatal.

Primitive man easily secured an abundance of vitamin and other necessary food factors from his fresh meats and green leafy vegetables. But our modern diet—refined and modified—too often lacks these vital elements.

Yet each one of us can make good this lack. By adding Fleischmann's Yeast to their daily diet, men and women all over the country are securing for themselves health and vigor.

They have better appetite and their digestion is greatly improved. They also find that waste matter is eliminated regularly and naturally as a result of supplementing their diet with Fleischmann's Yeast.

Fleischmann's Yeast is a fresh food. It contains in a natural form the elements your body tissues crave. It is rich in the water-soluble vitamin, for yeast is its richest known source. In addition Fleischmann's Yeast contains a number of important mineral salts and other food factors essential to health.

Doctors are agreed that laxatives never remove the cause of intestinal inactivity. Indeed, one physician says that one of its chief causes is probably the indiscriminate use of cathartics. Fleischmann's Yeast as a food is just the natural corrective you need.

Many like to nibble Fleischmann's Yeast from the cake a little at a time. Some prefer it spread on crackers or bread. Others take it in boiling hot water, still others like it in milk, fruit-juices, coffee or cocoa. It is very nourishing with malted milk drinks. You will grow to like its distinctive flavor just as you grew to like the taste of olives or oysters.

One cake of Fleischmann's Yeast gives you ten times the amount of yeast-vitamin found in most of the so-called yeast-vitamin preparations to which drugs of various kinds have been added. Be sure you get Fleischmann's fresh yeast. Do not be misled by substitutes.

Begin today to eat Fleischmann's Yeast—2 to 3 cakes regularly every day.

Place a standing order with your grocer. 200,000 grocers carry Fleischmann's Yeast. If your grocer is not among them, write to the Fleischmann agency in your nearest city—they will supply you.

Send for free booklet, "The New Importance of Yeast in Diet," telling what it has done for others—what it can do for you. Address THE FLEISCHMANN COMPANY, Dept. 7105, 701 Washington St., New York, N. Y.

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corrects these wrong habits of eating

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Are You fit—vibrant with health and energy — smooth-skinned and clear eyed?

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Renulife Violet Ray treatments are pleasant to take. The only sensation is one of pleasurable warmth like sunlight gives.

RenuLife Violet Ray

can be used right in your home in connection with ordinary electric light current. It purifies the blood and successfully treats rheumatism, sciatica, neuralgia, bronchial troubles. nervousness and many other ailments. The treatments are mild and pleasant with absolutely no sense of shock or pain. Treatments can be given the youngest child or most feeble invalid with perfect results.

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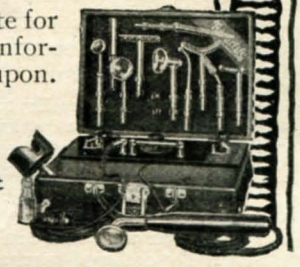

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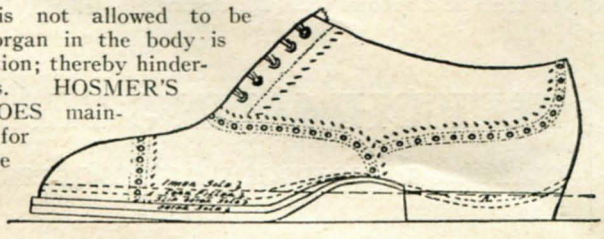


HOSMER FOUNDATION INC., Alcazar Hotel, 43-47 West 32nd St., N. Y. C.

we have accumulated a heap of stores, jokes and anecdotes. At times, when in two different groups, we will relate the same anecdote or story at the same time, and friends will be inclined to think that these stories were previously rehearsed. Our vocabulary too, is remarkably alike.

At school, during our regents exams, the similarity of our mental abilities manifested itself so profoundly as to attract the notice and interest of the leading members of the faculty of the school. Out of thirty-six exams, the returns of twenty-eight of them resulted in exactly the same percentage. The remaining number had very slight and minute deviations, being 90-91, or 94-95. Never have the percentages varied more than 2%. Our drawing exams proved very interesting. Out of fifteen questions, we had a choice of three. There were three groups—five in each group, and we were requested to draw one question from each group. Strange as it may seem, we chose the same three. We also had a funny experience in our French class. For homework, we had to write a composition "How to Serve a Table." Suddenly an idea popped in A's head, and she retired to another room to write it, only to find, much to her chagrin, that sister had exactly the same idea expressed in her composition. Teachers often thought that we copied one another's lessons, which we never had the necessity of doing.

People who have not been blessed—or cursed with a twinnie (have it as you will), ofttimes think it must be very exciting to be one of a pair of twins, and it is. Of course, we have some advantages, but then again, there are disadvantages. We are submitting below an original version of would-be poetry, written by the two of us when we were twelve years old. We hope you will find it eligible for publication in your worthy magazine. Do not expect to read a regular manuscript or you will meet with gross disappointment. We have entitled it "A Modern Comedy of Errors" and offer our humblest apologies to William Shakespeare.

In form and feature, limb and face,
In walk and action, smile and grace,
They are so very much the same
That there are mix-ups in the name.

It happened when they were yet small,
They, in a bath, began to bawl,
The maid became so very vexed,
She knew not which she should bathe next.

The nurse began to frown and stare,
She wrung her hands, she pulled her hair,
For babies had to be well nursed,
She knew not which she had fed first.

So all that day the babies cried,
They cried so hard, they almost died,
Because the one was over-fed,
The next from hunger almost dead.

The doctor had to come that day,
For Mother thought they'd fade away,
And how all roared, when he just said,
"Give one Ex-Lax, the other, bread."

This is but one of all their trials
However, they are full of smiles.
Now I shall tell how it did pass,
That they once broke a looking glass.

One day, when one was sent away,
The other pined for her all day,
She pined *so* hard, she felt *so* blue,
That words cannot express to you,

How joy lit up her face just when
She spied a looking-glass—and then,
She thought it was her sister dear,
She walked ahead, and said, "Come here."

But in her joy, she did not know
That 'twas herself, she greeted so.

(*Continued on page* 99)

How a Great Singer Discovered An Amazing New Way To Glorious Health

Without exercise, gymnastics, diet, medicines, baths or inconvenience of any kind—In a natural, easy way

Mr. Edward Lankow, famous basso of the Chicago, Boston and Metropolitan Opera Companies.

HERE is probably the most remarkable discovery of the age, a method that has brought the most amazing results in developing strength, energy, vitality and health, to thousands of people, without their devoting even a single minute to it. Men and women who have tried everything imaginable to improve their health, who for years have been slaves of medicines and special diets, who have spent hours day after day in dull, monotonous, tiring exercise and gymnastics, have found this new way almost miraculous. It is Nature's own method—it doesn't involve taking anything internally or applying anything externally. It is a method that unconsciously works for you every minute of the day and night, *without your even thinking about it.* There are no drugs, medicines or preparations of any kind. You reap rewards by merely following a simple law of Nature.

Mary Garden, noted Prima Donna of the Chicago Opera Company.

The Secret—A New Way to Breathe

Air means Life. We can live days without drink and weeks without food, but we can live hardly five moments without AIR. Air is the very first essential in our existence. And it is the oxygen in the air we breathe that is the greatest purifying force in Nature—to get this oxygen into the lungs and system, *we must breathe it in.*

But it is to Mr. Edward Lankow, famous basso of the Chicago, Boston and Metropolitan Opera Companies, that we owe the discovery of a *new way to breathe*—to him we owe the discovery of the New Science of Controlled Breathing. It is simply this new method of diaphragmatic breathing, that has resulted in Mr. Lankow's own powerful physique. He is a modern Hercules, a big, husky giant of a man, with the endurance to work 18 hours a day, and the strength of a wrestler, *yet he never exercises.*

Mr. Lankow has discovered that through this new method, the vital, internal organs of the body are invigorated and strengthened by constant massage—that the entire system gains splendid health and strength, and best of all, these wonderful results are accomplished without any conscious effort on your part. Proper diet will assist the stomach, the alimentary canal, and incidentally the blood; gymnastics will exercise the outer muscles of the body; but it is Controlled Breathing that has proven most valuable to secure that vital strength of the heart, lungs and other internal organs so essential to the full realization of health. Mr. Lankow's method was endorsed by the U. S. Government and taught by officers in the army by Mr. Lankow, himself. Prominent physicians and health authorities have given it the strongest possible recommendation.

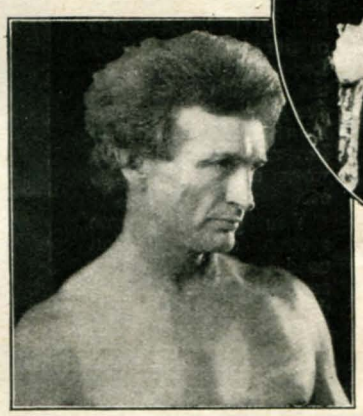
What Great People Say

Mary Garden, famous Prima Donna, says "I worked with Mr. Lankow daily. My voice and my health became better. His work is really great."

Madame D'Alvarez, the world's famous Contralto, writes "I feel it a duty and pleasure combined to tell the world how wonderful I have found Mr. Edward Lankow's method of breathing, which I call "New Life."

Bernarr MacFadden, world-famous authority on Physical Culture says "To use Breath Control" means to be keenly, joyously alive. . . brimful of vitality. Mr. Lankow's system develops strength automatically—his system is as nearly perfect as human intelligence and science can make it.

Surgeon General Rupert Blue of the United States Public Health Service says "I know of your wonderful work in the army. Use my name for anything you like in connection with your system of teaching "Breath Control."



Bernarr Macfadden, world-famous Physical Culturist.

Other Results of Controlled Breathing

Through Controlled Breathing a cold will disappear within a few hours, and diseases like catarrh and hay fever, suffered by 90% of the population in the United States, are banished. Stomach troubles disappear. The power to resist disease is strengthened. In connection with this, Mr. Lankow tells how, during his stay at Camp Gordon at the time of the Flu epidemic, he slept between the two worst cases of 103 degree fever patients and was entirely immune to infection. Further, Controlled Breathing gives depth, volume and resonance to the voice, insomnia is rapidly corrected, excess flesh is reduced, and the complexion is beautified. All accomplished without any effort on your part whatever. Once you learn this simple Breath Control method, it becomes a habit with you—it gives results that exercise can never produce.

Try this New Way to Breathe FREE

Mr. Lankow's method proved so wonderful, both in the army and in civil life, that he was prevailed upon to give his secret to the general public. Therefore, he has incorporated his valuable information in four little books, called "The New Science of Controlled Breathing", which will be sent FREE to anyone who writes for them. A big, illustrated chart, that makes the details of the course even clearer, is also included. These books reveal the secret of how to attain perfect health and strength, through Mr. Lankow's wonderful new method.

Learn this secret—prove the method for yourself! Test this wonderful new way at our expense! See amazing results in five days—if you don't, there is absolutely no cost. We'll send you Mr. Lankow's complete course, four books and chart, for FREE trial. It's the only easy, natural method for attaining glorious health and strength—the only method that has proved successful in banishing nearly every form of disease, and building up a powerful physique, a perfect body, all without any conscious effort.

No Money in Advance

Don't send us a cent. Edward Lankow's "New Science of Controlled Breathing", four books and chart, containing all this wonderful information, will be sent FREE to your door. Just mail the coupon below—the course will come at once.

When it arrives, throw away all your medicines and stop taking any special baths, treatments or exercises. Just follow the simple rules laid down by Mr. Lanow—and watch results. In five short days you will feel like a new person. You will take a new interest in life, your health will be vastly improved, and you will acquire remarkable strength, vitality and vigor.

Don't delay—get the Coupon off NOW. Don't send money—just the coupon. When the course is delivered, give the Postman $1.97 (plus Postage) in full payment. Then, if you do not see a remarkable improvement in five days' time, simply return the books and chart, and your money will be refunded at once. So sure are we that results will be more than satisfactory, that we feel perfectly safe in making this offer. Mail the coupon NOW.

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(13) Left-hand lead for body. (14) Guarding against left-hand lead for body. (15) Right-hand body blow. (16) Guard for right hand body blow. (17) Cross-parry. (18) Guard for cross-parry. (19) Straight left-hand blow for head. (20) Guard for straight left-hand blow for head. (21) Right-hand cross counter for head. (22) Guard for right-hand cross counter. (23) Left-hand counter for head with guard. (24) Stopping a straight counter for the head. (25) Swinging left-hand blow for the head. (26) Guard for swinging left-hand blow for head. (27) Swinging left-hand blow for the jaw, and guard for same. (28) Swinging left-hand blow for the body and guard for same. (29) A stop for all blows. (30) The left-hand uppercut and guard for same. (31) Right-hand uppercut and guard for same. (32) The pivot blow. (33) The Corbett swing. (34) The Jack Dempsey Triple. (35) The Benny Leonard Triple. (36) The Fitzsimmons Shift. (37) The Kid McCoy Corkscrew Blow. (38) The Dal Hawkin's Hook. (39) Stanley Ketchel One-two Blow. (40) The Mike Donovan Leverage Guard.

Shadow Boxing

(41) Round One—Combining 5 different blows. (42) Round Two—Combining 7 different blows. (43) Round Three—Combining 7 different blows.

Training and Muscle Building Exercises

(44) How to train. (45) Bridging. (46) Dipping. (47) Chinning the bar. (48) Foot exercise. (49) Leg exercise. (50) The colon exercise. (51) Synthetic breathing.

Mass Boxing

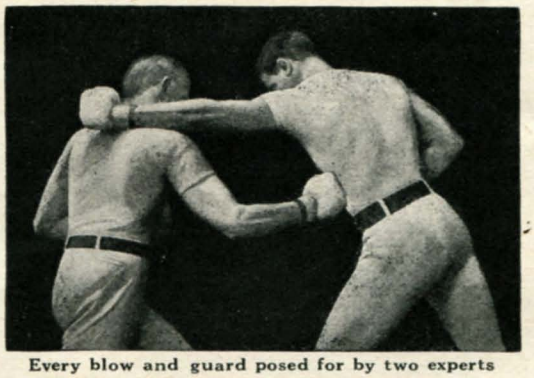
(52) Straight blows. (53) Swinging blows. (54) Guarding. (55) Ducking. (56) Foot Work. (57) Uppercutting. (58) Drill in leads.

Jiu-Jitsu and Wrestling

(59) The arm twist (single and double). (60) Throwing opponent with hand grip. (61) The arm lock. (62) The gun releases. (63) Defense against opponent with dagger or club. (64) Wrist release. (65) Throat release. (66) To stop a kick. (67) To release a hold of arms around the neck. (68) To release a waist hold. (69) Throwing an opponent over your head. (70) Head and cross buttock. (71) Arm and cross buttock. (72) Rolling with the arm of an opponent. (73) Crotch hold with arm under chin. (74) Head in chancery and bar hold. (75) To throw an opponent grasping from behind. (76) The Back Heel Hold. (77) Standing chancery hold. (78) Standing crotch hold. (79) The toe hold. (80) Scissor hold.

Thousands of red-blooded men all over the United States will take advantage of this stupendous offer—a new "short-cut" method of learning boxing and self-defense *right in your own home—at only 5 cents a lesson.*

In a few weeks time you can master the fundamentals of scientific hitting, guarding, feinting, ducking, clinching, countering, etc. Then follows instruction on the blows and guards used by the top-notchers of the ring—the Benny Leonard Triple Blow, the Fitzsimmons Shift, the Jack Dempsey Triple, the Mike Donovan Leverage Guard, footwork and generalship, etc.



Every blow and guard posed for by two experts

You get the same system of instruction used by famous Professor Mike Donovan, undefeated Middleweight Champion of the World, and former instructor of Boxing at the New York Athletic Club. You get this expert training *right in your own home, and yet it costs you only 5 cents a lesson.*

Teaches Boxing in a New Way

You don't have to know a thing about boxing to begin with. You don't have to step outside of your own home while learning. You don't even need a sparring partner at the start. 15 minutes a day of this professional course will make you a good boxer in a short time, able to outbox bigger and stronger opponents.

Marshall Stillman, friend and pupil of Mike Donovan teaches you by a brand new method—*the Mental Suggestion Method.*

Right before your own mirror, you start with simple movements you are already familiar with, such as holding out your hand for a coin, the breast stroke in swimming, etc. Then step by step Marshall Stillman leads you into similar movements in boxing—hitting with the weight of the body behind the blow, leading, countering, ducking, guarding, side-stepping, etc.—until you go through these motions almost without thinking about them. You are not pounded, confused or bewildered by an opponent more experienced than yourself, as is the case in the old method of teaching boxing.

After you've mastered the fundamentals, Marshall Stillman teaches you every good blow and guard used in the ring. These blows and guards are cleverly combined into lively rounds of shadow boxing. You learn to go through actual rounds—just as though you had a real opponent before you. When you finally face your first opponent you know what blows to use, when to use them, and what to expect and how to guard against it. You give your friends the surprise of their lives.

To build you up physically, and give you stamina, there is included a complete set of daily exercises, suggestions on training, diet, how to put on and take off weight, etc.

To complete your training in self-defense—to enable you to subdue an armed opponent, to break a strangle hold, etc.—you're next taught 15 jiu-jitsu and bone-breaking holds and releases, and 14 of the best wrestling holds—the Gotch Toe Hold, Stecher Scissor Hold, the Head-Lock, etc.

There are 80 lessons altogether, 381 pages. and 246 illustrations. Some students tell us they're worth $25; others say $50. When Marshall Stillman first produced the course, it sold for $10. As sales increased, we cut the cost to $5. And now we offer you the complete course *at less than 5 cents a lesson.*—$3.85.

FREE: History of Boxers

Every one who accepts this liberal offer will receive without extra charge a History of the World's Famous Boxers, with their pictures—John L. Sullivan, Jack Dempsey, Benny Leonard, Carpentier, Corbett, Willard, Fitzsimmons, etc., and inside stories not generally known oustide of professional ranks.

10-day Trial SEND NO MONEY

We'll send you the complete course of 80 lessons, and the free History of Boxers for 10-day examination. When you receive them hand the postman a temporary deposit of $1 on the lessons. Examine the lessons for 10 days—learn them if you want. At the end of that time send us $2.85 more or return the books, and we'll send your dollar back. We take all the risk of proving that we can teach you scientific boxing right in your own home. Mail the coupon now to Marshall Stillman Assn., Dept. 1022-E, 42nd St. and Madison Ave., New York City.

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NOTE—Canadian or foreign orders must be accompanied by cash ($3.85) subject to money back if not satisfactory.

(*Continued from page* 96)

She walked ahead just like a flash—
And suddenly we heard a crash!!!!

And then there was a heavy thump,
And on her head, a nice fat lump.
The mirror, too, received its share,
And they both made a sickly pair.

So do not think that you'd have luck.
Or that your life'd be full of pluck,
If with a twinny *you'd* been born
For *very* soon you'd be outworn.

Lack of space hinders us from quoting many more instances where similarity of mentality is so concretely exemplified as to eradicate every shadow of scepticism. We have many times changed dancing partners between the first and second half of a dance to the total ignorance of the partner concerned. We freely admit that these are mischievous and very astute and dexterous measures. As one of our friends has expressed it, "They have the devil in 'em."

JUDITH AND MILDRED ELKINS.
Coney Island, N. Y.

Must This Mother's Plea Go Unanswered?

TO THE EDITOR:

After reading the article on Birth Control, by Dr. Edwin F. Bowers, in PHYSICAL CULTURE, I cannot help writing to tell you how my husband and I appreciate it.

I was married on December 24th, 1916, something over a year after an operation for appendicitis. The following October 17th, 1917, a baby boy was born to us. I recovered from that all right, and on March 16th, 1919 another baby boy was born. You see, there was scarcely seventeen months between the two. Then on September 26th, 1920, a third baby boy was born. He lived five weeks, dying suddenly, having apparently not enough vitality to keep him in existence. Before I recovered from the shock (it left me very nervous) I was again pregnant and on September 16th, 1921, I gave birth to a still-born baby girl. It was a seven months' baby. I had uremic poisoning and very nearly died in convulsions, *after* the baby came, which is unusual, the doctor told me.

I have now recovered a part of my strength, but am almost a wreck as far as nerves are concerned. Altogether I have been married fifty-nine months, and of that time I have been either bearing or nursing babies forty-eight months. I am now just past twenty-four years of age.

Unfortunately I am one of the many who do not know how or where to obtain the information needed—yes really needed, for if I become pregnant again within the next two years or more, it will probably cost my life, besides bringing an unhealthy baby into the world—if it should live.

Both my husband and I love children and want more, but we want a little time to elapse till I can get stronger. Is there nothing, no way to stop all this? Is knowledge only for the rich?

MRS. F. D. R.

Vaccination and the Minions of the Law

TO THE EDITOR:

I was an enlisted man in the Coast Artillery, Fort Mills, Corregidor, Philippine Islands.

I had studied the human body for my own protection. In April, 1921, smallpox invaded our post. An order came out that everybody had to be vaccinated. Whole companies were lined up and marched to the post hospital. About five or six thousand men accepted vaccination as a preventive against smallpox. I was absent.

The next day a sergeant took me to the hospital laboratory where I again refused to be

They Fight Film—

They who have pretty teeth

Note how many pretty teeth are seen everywhere today. Millions are using a new method of teeth cleaning. They remove the dingy film. The same results will come to you if you make this ten-day test.

Why teeth are cloudy

Your teeth are coated with a viscous film. It clings to teeth, gets between the teeth and stays. Film absorbs stains, then it often forms the basis of thin, dingy coats. Tartar is based on film.

Old brushing methods do not effectively combat it. So most teeth are discolored more or less.

Thus film destroys tooth beauty. It also causes most tooth troubles. It holds food substance which ferments and forms acid. It holds the acid in contact with the teeth to cause decay.

Germs breed by millions in it. They, with tartar, are the chief cause of pyorrhea, now so alarmingly common.

Now a daily remover

Dental science, after long research, has found two ways to combat film. Authorities have proved their efficiency. Now leading dentists, nearly all the world over, are urging their daily use.

A new-type tooth paste has been created to comply with modern requirements. These two film combatants are embodied in it. The name of that tooth paste is Pepsodent.

Its unique effects

Pepsodent, with every use, attacks the film on teeth.

It also multiplies the starch digestant in the saliva. That to digest the starch deposits which may cling to teeth and form acids.

It multiplies the alkalinity of the saliva. That is Nature's neutralizer for the acids which cause decay.

In these three ways it fights the enemies of teeth as nothing else has done.

One week will show

Watch these effects for a few days. Send the coupon for a 10-Day Tube. Note how clean the teeth feel after using. Mark the absence of the viscous film. See how teeth whiten as the film-coats disappear. Enjoy the refreshing after-effects.

Do this to learn what millions know—the way to whiter, cleaner, safer teeth. Cut out the coupon now.

Pepsodent PAT. OFF. REG. U.S.

The New-Day Dentifrice

Endorsed by modern authorities and now advised by leading dentists almost the world over. Used by careful people of some forty races. All druggists supply the large tubes.

Ten-Day Tube Free 854

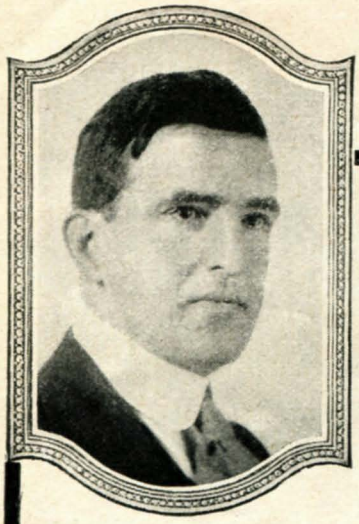
THE PEPSODENT COMPANY,
Dept. 889, 1104 S. Wabash Ave.,
Chicago, Ill.

Mail 10-Day Tube of Pepsodent to

.....

.....

Only one tube to a family.



"Eat Wheatsworth Crackers"
Says Alfred W. McCann

"To them nothing has been added and from them nothing has been subtracted. They are the one product genuinely labeled whole wheat crackers."

Generous Sample FREE!

Send the coupon and learn for yourself how delightful *whole wheat* is just as nature grew it. Wheatsworth Crackers contain *all* the vitamines, mineral salts, bran, and finer particles of the wheat heart as it grew—unprocessed, unjuggled, unrobbed of its vital, health-building, body-strengthening elements.

Send the Coupon NOW!

Get a good sized sample package and get acquainted with the sweet, ripe, crisp, wholesome flavor of

Wheatsworth
The WHOLE WHEAT Cracker

Also endorsed by such eminent health authorities as Luther Burbank, Dr. Harvey W. Wiley, Dr. H. H. Kellogg, and others.

FREE SAMPLE
F. H. BENNETT BISCUIT CO.
137 Ave. D, New York City

I enclose 4 cents in stamps to pay for postage on Free Sample of Wheatsworth Whole Wheat Crackers to be sent to me promptly at the address here given.

Name.....

Address.....

F. H. BENNETT BISCUIT CO.
137 Ave. D New York City

Makers of Wheatsworth Whole Wheat Flour

EXERCISE AND SPORTS

A complete treatise on every form of exercise. Courses outlined for home or gymnasium, with apparatus or without. How to build your own Apparatus.

SPORTS. Every sport fully explained with the benefits to be derived. Archery, base ball, basketball, bowling, boxing, canoeing, coasting, croquet, curling, cycling, fencing, fishing, football, golf, handball, hockey, horseback riding, hunting, ice-boating, jiu jitsu, Lacrosse, motoring, polo, quoits, rowing, running, skating, skiing, snowshoeing, swimming, tennis, wrestling, yachting, etc.

WRESTLING. A complete manual on wrestling with illustrations showing the holds.

BOXING. The Manly Art of Self-Defense fully taught. Fully illustrated for easy understanding.

PHYSICAL CULTURE FOR WOMEN. A specialized course of exercises specially adapted for use by women. Illustrated and complete in every way.

All this and much more, found in Volume II of Macfadden's Encyclopedia of Physical Culture.

Odd volumes—While they last—$5.00. This offer saves you $2.00.

"Clip this Ad" and send it with remittance to

PHYSICAL CULTURE CORPORATION, Dept. 5, 113-119 West 40th St., New York City

Why Miss Half The Fun in Life?

No need to envy good dancers! By my remarkable new easy picture method, anyone can learn to be a popular dancer in only a few hours, at home—in private—at very little cost! In a series of tests, my method was proven EASIER than a personal teacher. You can learn the Fox Trot, One Step, Waltz, Two Step, Conversation Walk, and all the newest steps direct from the Vanderbilt's instructor. Thousands have successfully learned by mail method. No music or partner needed. So easy even a child can learn readily. The cost is trifling—HALF-PRICE OFFER NOW ON.

FREE SAMPLE DANCING LESSON

To prove I can make you a confident, accomplished dancer and teach you to really ENJOY dancing and be more popular, I will send you ABSOLUTELY FREE a sample Fox Trot lesson, including the Secret of Leading, How to Gain Confidence, and the correct dancing positions. Sent in plain cover. No obligation. To help cover cost of mailing, send 10c. Will you write me today?

ARTHUR MURRAY, Studio 208, 290 B'way, N.Y.

ARTHUR MURRAY,
Studio 208, 290 Broadway, New York

To prove you can teach me the new dances quickly, send me your free lesson. Enclosed is 10c to cover mailing in plain wrapper.

PRINT NAME

ADDRESS

CITY and STATE

inoculated. I was told that I had better submit or I would be court martialed. The next day I was called before Major Milnor. He ordered me to report to the hospital right away and be vaccinated. I told him I would not take it. He told me not to put my foolish notions over those of the best medical doctors in the world. I was put under arrest in quarters.

Ten day passsed before I went before the investigating officers, with Major Dunn in charge. The Post Surgeon preferred charges against me for refusing medical treatment. The articles of war read that any soldier may refuse medical treatment if it is dangerous to life. Major Dunn asked the surgeon if vaccination was dangerous to life. The doctor replied, "Yes, the same as a pin scratch may cause blood poison."

Major Dunn refused to write that down, and turning to the surgeon said, "Oh, no! I asked you if vaccination was dangerous to life." The surgeon replied as was expected of him. "Well," he said, "I put it the way Washington puts it. (Here was a long line of formidable-sounding medical words.) In my opinion vaccination is not dangerous to life the way it is administered in the army." I myself then wrote a sworn statement that vaccination was dangerous to life, that it tainted the blood and made you unfit to become a father.

The next day I went before a special court martial. Lieutenant Pichel informed me that he had been detailed as my counsel. He told me to plead guilty and say as little as possible.

On the jury was Captain R. Hill, Captain Rhinerson, and Leutenant Richards, C. A. C. The Judge Advocate was Lieutenant Hart. The court heard the surgeon's testimony that I might infect the whole company. I was sworn in and testified what I knew of vaccination and that no court had a right to taint my blood.

I knew I was to be an example for the others. Of course I was pronounced guilty, sentenced to six months at hard labor, and the forfeit of two-thirds of my pay. For three months and a half a sentry with a loaded rifle chased me. His orders were: "If they talk back knock 'em down with the rifle. If they show fight, shoot 'em. If they kick, bring 'em to me (Provost Sergeant), and I'll finish them."

Three and a half months of hell and then I was called before a board of officers and kicked out as a defective.

I don't see how they get that. I was the company's ball team pitcher and represented my company in the pool tournament.

I am not sorry for my past, but for the thousands of soldiers who still believe vaccination will prevent smallpox.

BERNARD BOYLE.

As a War Veteran Sees Birth Control

TO THE EDITOR:

In PHYSICAL CULTURE recently I read an article on Compulsory Motherhood, by Dr. Edwin F. Bowers, and would like to say it is the first real bit of light I have seen on the subject.

I am a returned soldier and am not in favor of any more war. I strongly agree with what you say about Japan and Germany.

I am twenty-six years old and have had several good chances to marry but have never done so for this particular reason. Before going over seas I was in good shape and able to support a good-sized family as far as working for them was concerned. Since coming back I am not in such circumstances, on account of eleven wounds which I received in my legs.

I do feel that I would like to marry and have a family of two children. I have consulted several medical men on the subject, but they give me no satisfaction, of course.

Yours for better conditions,

J. H. R.

Reducing to Music is Fun

How New York Society Women Attain Their Beautiful Figures.

"AMONG the women of New York's social set are to be found the most beautiful figures in the world," says an artist of international renown who has painted the portraits of the great beauties of both hemispheres.

Astounding, isn't it, that in spite of easy, effortless lives; in spite of a countless succession of magnificent banquets at which the richest foods are served; and in spite of a daily consumption of the most expensive and most fattening sweets, these women have attained figures which cause such praise from such a connoisseur.

Yet these women have obtained their perfection of form by a method as delightful as dancing. They have undergone no hardships, taken no medicines, nor have they practised any self-denial.

They have merely followed a fascinating new method evolved by a well-known physical director and health expert, "Pat" Wheelan, who receives large fees for his individual instruction, because he is able to give his pupils among the "400" that most priceless gift, a perfect form, combined with grace, health and youthful suppleness.

You Also May Obtain A Perfect Figure

And now, the same gloriously slender, graceful form can be yours for the asking. With it you may obtain the delicate softness of line and roundness of limb which all women desire and all men admire. You should easily reduce a pound or more a day by this method. Therefore at your very next ball or party you may astound your friends and excite their envy by the ease and rapidity with which you have obtained a perfect figure.

As a suggestion—postpone the purchase of any new gowns until a short time after starting this new method. It may save you many alterations.

For Mr. Wheelan has decided that this new delightful secret of reducing weight shall no longer be the property of New York's "400" exclusively. He wants every overweight man and woman in this country who is tired of drugs, strenuous exercise, diet, rolling, etc., to attain an ideal figure, graceful curves and youthful appearance by this new fascinating method. Think what this means. His present pupils have the money at their command to use any and every means of weight reduction known. They can travel to the most famous resorts of America and Europe if they wish. Yet they have found Mr. Wheelan's method *more certain, more rapid,* and *more pleasurable* than any other. How could there be a stronger recommendation for his method than the fact that it has been adopted by pampered personages who seldom do anything except that which gives actual pleasure? And now you are offered a trial of this method, free—he will permit you to reduce a portion of your excess weight without any cost whatever if you desire.

Free Trial of This Muscial Method

Mr. Wheelan has disclosed his amazing discoveries in a series of easily understood little lessons, accompanied by charts which makes them as easy to follow as if he were present in person. He accompanies these instructions with 5 double-disc records, playable on any phonograph. The Lessons, Charts and Records will be sent you on free trial.

On the records are the same "catchy" spirited tunes which so delight his present pupils in the "society set." All you do is to place one of these records on your phonograph, set a chart up in front of you, do what his voice on the record tells you, and then give yourself up to the keen enjoyment of going through the graceful swaying movements of body and limbs shown on the charts.

You'll find that you have discovered a new pleasure, a new "thrill." And fortunately it is one in which you can indulge to your heart's content. For you may spend an hour or more in this delightful occupation or you may confine it to the few minutes daily which is all the time that is necessary to quickly reduce you to normal weight.

Yet as simple and pleasurable as these graceful movements are when accompanied by the spirited music, there is a scientific reason back of every motion. They are all designed to open up the delicate passages now congested by fat. Then the blood enters these minute vessels and carries off these fatty globules in a perfectly natural way, at the rate of a pound or more a day.

Send No Money

Just mail the coupon—or write a letter if you prefer. Then the Instructions, the charts and the 5 double disc records will be mailed at once in plain wrapper. When they arrive pay the postman only $3.85 in complete payment for the entire cost. If you decide to keep these records after trying them for 5 days, there will be no further charges. But if for any reason at all you decide NOT to keep them, merely return them to us within 5 days and your money will be refunded instantly and without question. You are to be the sole judge.

But, in justice to yourself, *investigate* this wonderful method. See for yourself, without risking a penny, how your superfluous flesh is dissolved so quickly that you feel you can almost "see it go."

See how this delightful method gives new life to every bodily function. You will find that as the blood flows through the recently congested passages it not only carries off the fat—it also removes the impurities and bodily poisons which cause skin blemishes and many diseases of the heart, liver, stomach and kidneys. See how your skin clears, your eyes sparkle, folds and lines vanish. See how much more vigorous you feel. See how this method not only rapidly gives you a slender, youthful body but also gives you beautifully rounded limbs and a graceful carriage. Even in the trial period of 5 days you should obtain these benefits to such a degree that you'll understand how Mr. Wheelan's pupils were able to elicit so much praise from a great artist. Then it will rest entirely with you as to whether you will continue the use of this delightful method which confers so much *pleasure* as well as so much *benefit.* Decide for yourself whether you wish to continue to reduce a pound a day until in a short time you have attained your normal weight.

Mail the coupon today. The number of lessons is limited and the offer may have to be withdrawn. So investigate at once this safe, harmless, rapid and fascinating way to regain a perfect form, youthful looks, and superb health. Our refund offer protects you from all risk.

"Pat" Wheelan Personal Instructor to New York's "400"

One of Mr. Wheelan's Pupils

"Pat" Wheelan
25 Cambridge Bldg., Fifth Ave., New York City

REDUCE 5 POUNDS IN 5 DAYS FREE

"Pat" Wheelan,
25 Cambridge Bldg., Fifth Ave.
New York, N. Y.

Send at once, IN PLAIN WRAPPER, the 5 DOUBLE-DISC records, together with the necessary charts and instructions which are designed to give me a perfect figure through the most fascinating method ever known. I will deposit with the postman only $3.85 when the package arrives and there are to be no further charges at any time. But if I am not satisfied with them, I have the privilege of returning them within 5 days and you are then to refund my money ($3.85) at once. I am to be the sole judge.

Name.....

Address.....

City.....State.....

Should She Thank Him?

HE is as much in doubt as she—and both are embarrassed. They have attended the theatre together. He has escorted her home. Should she thank him for the pleasant evening? May she invite him into the house if she wishes? Or should he thank her for the pleasure of her company? Is it correct for him to ask permission to call?

The woman who knows the correct thing to do and say on all occasions has charm and grace. The man whose fine repose and ease of manner characterize him as cultured and well bred is always welcomed wherever he goes, is always admired and respected.

Etiquette makes it easy for everyone to be cultured and charming, to avoid embarrassing blunders and humiliating errors. By knowing the correct form of speech and manner at all times one can mingle with the most highly cultivated, the most brilliant people, and yet feel entirely well poised and at ease. Etiquette is a comfortable shield that protects one from embarrassment in one's contact with men and women.

Why is Rice Thrown After the Bride?

—Very much for the same reason that an old slipper is thrown after a newly married couple. And do you know why a teacup is usually given to the engaged girl, why the woman who marries for the second time may not wear white, why black is the color of mourning?

In the Book of Etiquette, the famous two-volume set, you not only find all the important rules of etiquette, but you actually discover the origin of each rule, each custom. As interesting as a story—yet the Book of Etiquette is one of the most authentic, authoritative and exhaustive works on the subject ever published.

FREE to You!
The Famous
Book of Etiquette

Not a cent in advance. Just the coupon—and the complete two-volume Book of Etiquette will be sent to you at once. Glance through the table of contents. See how much you know about correspondence, about formal dinners, about introductions, weddings, dances, speech, dress. Don't miss the illustrations. Read a chapter or two. Examine the books thoroughly at our expense for 5 days.

Within the 5-day free-examination period decide whether you want to return the books without obligation or keep them and send us only $3.50 in complete payment. You to be the sole judge. You decide whether or not you want to be one more day without this splendid Book of Etiquette. We advise you to mail the coupon at once, before the free-examination offer expires. NELSON DOUBLEDAY, Inc., Dept. 85A, Oyster Bay, N. Y.

NELSON DOUBLEDAY, Inc.,
Dept. 85A, Oyster Bay, N. Y.

Without cost or obligation, you may send me the two-volume set of the Book of Etiquette. Within 5 days I will either return the books or send you only $3.50 in full payment. Examining the books does not place me under any obligation to keep them if I am not delighted.

Name.....

Address.....

☐ Check this square if you want these books with the **beautiful full leather binding** at five dollars, with five days' examination privilege.

Food Advertising Teaches Health—Sometimes

(*Continued from page* 32)

Oats Company go to the trouble of removing forty per cent. of the grain of wheat, discarding its coarse outer coat and its oily germ?

In the case of its cornmeal, it boasts of doing this in a manner that certainly implies condemnation of any cereal food containing "the coarse outer coat and the oily germ" claimed by Quaker Oats Company itself to be present in Quaker Puffed Wheat.

To make the situation all the more astounding, the Quaker Oats Company on another page of the same issue of the same magazine, urges the people to "stop eating drugs and substitute the coarse outer coat and the germ instead," declaring that such "is the urgent advice of all doctors."

Listen to this from the Quaker Oats Company's advertisement: "In Pettijohn's the coarse outer coat comes to you in delightful form. Try it for a week. See for yourself how it changes things. You will never return to drug laxatives or to a branless diet."

In the same month, through an advertisement published in the Medical Journal, the Quaker Oats Company informs physicians that Pettijohn's, manufactured of rolled wheat plus twenty-five per cent. bran, (which is vastly in excess of the coarse outer coat natural to wheat), "has been made to please doctors, and thousands of doctors advertise its use."

Why, then, does the Quaker Oats Company spend hundreds of thousands of dollars in various publications for the purpose of giving the people one kind of advice in one column, and an entirely different kind in another column?

Advertising Quaker Farina, the Quaker Oats Company says: "Quaker Farina contains only the choicest part of the wheat, the inner part, the part used in Quaker flour."

There is none of the "oily germ" or "coarse outer coat" in Quaker Farina. The elimination of these substances is thus made to celebrate a virtue. On the other hand, when the oily germ and coarse outer coat are retained in other cereal foods manufactured by the same company, their retention is made to celebrate a virtue. When they are discarded the Quaker Oats Company claims to render a service to humanity. When they are left in the product the same Quaker Oats Company renders another service to humanity.

Entirely apart from the medical literature on the subject, which is very specific and very much to the point, just what is the public to believe when confronted by such contradictory information? Are all these claims, so topsy-turvy in their significance, to be regarded as mere verbiage, or are they really designed to educate the people?—to endow a commercial advertisement with the semblance of dignity and truth?

In the same magazine we find a full-page advertisement of Ralston, a breakfast food offered to the people on the claim that it really does contain the whole of the wheat, including the coarse outer coat and the oily germ so curiously condemned in one breath, and so highly praised in another by breakfast food manufacturers who retain them in this and discard them in that.

"Ralston," says the advertisement, "contains the very elements a child needs to build flesh, bone amd muscle." Yet these very flesh- bone- and muscle-building elements, the same readers are informed on other pages of the same journal, should be rejected as "unfit for food."

The Pillsbury Flour Mills Company, in the same journal, employs a whole page to tell the people that "obstinate troubles are corrected" by the use of the very bran that is sifted and bolted out of Pillsbury's fine white flour.

In other issues of the same magazine the Quaker Oats Company informs us that "Quaker Oats is vastly better balanced than round steak, leg of lamb, veal cutlets, salt cod, halibut, canned salmon, canned corn, canned peas and potatoes, for the reason that it is a more complete food, rich in protein, phosphorus, lime and iron," the very substances that it goes to so much trouble to remove when it rejects the coarse outer coat and the oily germ of Quaker Best Cornmeal—the very substances that are not found in such combinations as white bread and Karo, or pancakes and Karo.

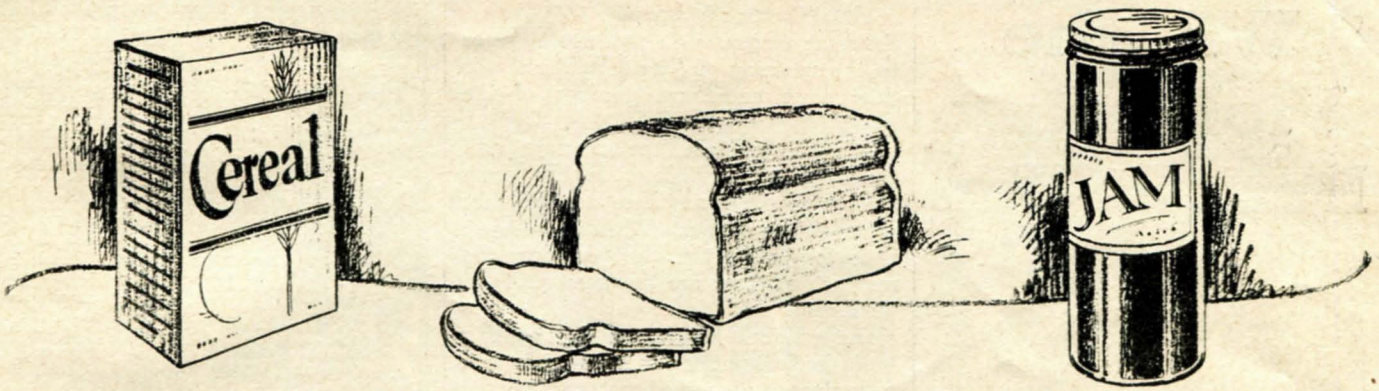
In the same publication Ralston again informs us why it builds such strong constitutions through its retention of the identical substances rejected by the Quaker sifting. "Purina Bran," says Ralston, "is both a food and a laxative because it contains the outer bran coat and the nutritive inner coats of the wheat. We use only the whole of the wheat in making our wholesome food."

In the same issue the Quaker Oats Company lays stress on the fact that no substitute need be bought with Puffed Wheat because it is "a whole wheat product, for which reason it is the best possible grain food for children."

A little further on, in the same magazine, in another advertisement, the Purity Oats Company contributes to the confusion by asserting that "in the preparation of Purity Oats all indigestible and waste material is eliminated and only the most nutritious portion of the grain is used."

The advertising companions of Purity Oats who spend just as much money in

(*Continued on page* 104)



"Food not fit for pigs"

Yet millions of grown-ups and children unknowingly eat these slow poisons everyday

In the city of Washington, recently, nearly a hundred people perished because of the faulty construction of a motion picture theatre; the entire city mourned, the entire country was horrified. When the *Titanic* went down after ramming an iceberg, with a loss of some fifteen hundred souls, the world stood aghast at the calamity; when the *Lusitania* was sunk without warning, the wanton destruction of life brought this country to the verge of war. Yet great as these tragedies were, they are almost like a May-party when compared with those going on every day all over the United States; *and the strangest part of this colossal crime against humanity is—no one seems to know or care about it!*

In the last mortality statistics issued by the Census Director at Washington, there were reported in the United States, for one year, the death of 400,000 children under ten years of age! The same report shows more than 100,000 deaths from tuberculosis, nearly 60,000 from diarrhoea, 50,000 from cancer, 65,000 from Bright's disease—all mainly among grown-ups. And all the figures showed an increase over the previous year, and the previous year showed an increase over the year before that! And these deaths can be traced mainly to the stuff so brazenly called *food* by food-counterfeiters.

Millions of children, whose parents would be shocked if they but knew, are literally being starved to death, yet they may be eating from tables groaning under their load of so-called food; tens of thousands of young men and women are entering fatherhood and motherhood so unfit as to almost guarantee the lifelong ill health, or quick death, of their offspring, yet they may spread a table so lavish as to make a king turn green with envy. Millions of middle-aged men and women are becoming prematurely old and feeble through undernourishment, yet they may eat pound after pound at every meal. It is safe to say that not one person in a hundred is as well, physically or mentally, as he could easily be if this colossal food-crime were not being committed daily.

Alfred W. McCann

What is the reason? Can it be proved? What is the remedy?

The reason for this condition of affairs is the *abuse of natural foods*, causing malnutrition, anemia, neurasthenia, Bright's disease, diabetes, cancer, tuberculosis, hardening of the arteries, and a host of other ills which find cozy homes in bodies unable to resist their ravages. Pigs—yes pigs, would die if fed an exclusive diet of "refined" cereals, "denatured" sweets and fats, "patent" (white) wheat flour, "degerminated" corn flour, "polished" rice, "demineralized" corn starch, "robbed" rye, "pearled" barley, or "refined" sugar. Yet these foods, not fit for pigs, are eaten in practically every American home, every day!

The wilful adulteration and devitalization of Nature's foods, by greedy manufacturers, and the draining of foods by the unknowing housewife constitute the greatest tragedy in the history of humanity.

Today we and our children are consuming tons of jam made of 10% fruit, 10% apple juice (made from the sulphured skins and cores of the dried apple industry) 70% glucose, sweetened with 10% sugar, all held together with sufficient phosphoric acid to make a "jelly", and preserved with the common "1/10 of 1% benzoate of soda" to prevent the mess from rotting! We are eating artificially stiffened ice-cream, and synthetic pie filler, and coal-tar cake filler, and alum-hardened pickles, and tubercular raw milk, and typhoid-infested butter and oleo, and marshmallows made of glue, and candy colored with ribbon dyes. We are eating the grains minus the very life-giving elements without which death comes to horses and hogs and guinea pigs, and white mice, and chickens, and monkeys, and cows. We are cooking our vegetables and meats in a way that allows the valuable iron, vitamines and other mineral ingredients to run down the drain pipe. We are eating poundage instead of strength.

Chemical analysis shows that the human body is composed of 16 essential elements; the soil also contains the same component ingredients; if any are removed from the soil, plants grow weak, stunted, and soon wilt. Milk, eggs, wheat, corn, oats, barley, or rye also contain the same 16 elements; if any are removed, the human body grows weak, stunted, and soon wilts. *Though a single ingredient be removed, these foods become impaired; Yet modern manufacturing and cooking methods take away as many as 12 of these 16 ingredients!*

Bad teeth, for example, are caused by a lack of calcium in the blood; should there be a deficiency of calcium in the blood the teeth and bones composed of calcium are robbed. If meat, minus its magnesium, potassium and calcium salts (as it is often eaten in the homes of millions) is fed to a dog or cat these animals will die more quickly *than if not fed at all!*

These are but the most elemental facts about what you and your child put into your stomachs every day, at every meal. There are countless other facts equally important to your health and to the health of your child, and to the health of the nation.

Alfred W. McCann has prepared a monumental work which will go down in history as the greatest exposure of food crimes ever revealed, and the infallible guide as to *what* to eat for health and strength. Fearless of moneyed interests, unafraid of bluster and threat, he has scathingly denounced food fakers of every type and description—large and small, powerful and weak. They could not buy him; they could not scare him; alone he defied every food malefactor in the country, and he has left a volume which should be a shield to guard every family in the United States against the awful toll now taken by adulterated, devitalizing foods.

Don't think this matter does not affect you, for the next rain may bring you or your family down with a sickness which could be traced directly to the undernourished condition of your bodies caused by foodless foods.

Don't feel that this does not concern you, for if your life or your children's lives are worth anything, it does. You can better afford to starve to the extent of what this book costs than not to have the information it contains. It is better by far to go without food than to go without the warnings sounded in this volume. Food is the source of all strength, of all energy. Your health, your success in life, depends tomorrow upon what you eat today.

Do not send any money now. Just mail the coupon or a post card and "The Science of Eating" by Alfred W. McCann will be sent to you by return mail. Pay the postman $3.00 when the book arrives. Then return it after 5 days examination if you are not satisfied that it will do more for your health than any other one factor you have seen or know about. The present edition is limited and you are urged to write at once.

TRUTH PUBLISHING CO.
Dept. 10, S. E.
1400 Broadway, New York

TRUTH PUBLISHING CO.
Dept. 10, S. E.
1400 Broadway, New York

Gentlemen: Please send me a copy of Alfred W. McCann's remarkable book, "The Science of Eating." I will pay the postman $3.00 when the book arrives, but if I am not satisfied after 5 days examination, I will return the book to you and you are to refund my $3.00.

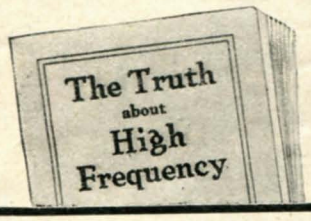
Name .....

Address .....

City.....State.....

P. C. 5-22.

Will the Violet Ray Benefit You



Read what Dr. S. H. Monell says about it in this book. He tells you in language that anyone can understand just what High Frequency Electric Currents can and cannot do for you. He is an acknowledged authority on electric therapeutics who tells the whole truth about the Violet Ray.

Before you invest in *any* Violet Ray outfit—you should know what high frequency electric currents can and cannot do for the human body. You certainly want to know whether they are beneficial or harmful—whether you are making an experiment or making use of a universally proclaimed method of treating various disorders.

You don't have to experiment—take a chance—or spend a lot of money to find out about *high frequency* electric currents.

If you want to take Violet Ray treatments you can get the whole truth about them before you invest one cent in any outfit or course of treatments.

SEND for THIS BOOK

Slip a dime into an envelope and enclose the coupon below for an unbiased, authorative statement by one who knows what the Violet Ray can actually do.

We can refer you to dealers who will demonstrate reliable Vi-Ray-O outfits.

Western Coil & Electrical Company
Dept. A **Racine, Wisconsin**

Enclosed find 10c for "The Truth about High Frequency."

Name .....

Address .....

City..... ....State.....

(*Continued from page* 102)

the same magazine do nowhere agree as to the meaning of "waste material" or "the most nutritious portions of the grain."

When they retain "the outer coat and the oily germ" they affirm that they do so for the reason that these are the best parts of the kernel. When they reject them they affirm that they do so for the reason that these are the worst parts of the kernel!

Out of such hopeless and despairing confusion is it not possible for newspapers, magazines and periodicals to see the necessity of exercising some kind of censorship over their advertising columns?

The United States Grain Corporation, purchasing wheat flour for export to the allied countries, European neutrals, the Commission for Relief in Belgium, the Commission for European Civilian Relief, and the use of the United States Army, Navy and Marine Corps, undertook to protect the reputation of American flour in Europe by amending its regulations and raising its standards.

This meant that our flour mills could unload upon the American public all the bleached flour the American public would absorb, but the Grain Corporation would not permit the shipment of any bleached flour to Europe.

The standard for European consumption was "straight, unbleached, well dressed and properly milled flour of clean, sound wheat." All the flour shipped was first required to submit samples for inspection by recognized judges of flour, and was required to be equal to the samples. Furthermore, no bulk flour of unknown origin was permitted to travel to Europe. Such flour we were required to eat at home in America.

The shipments had to bear a mill brand showing the firm name, the address of the firm and the weight marks. No tagged sacks were accepted. No second-hand sacks were accepted. The only sacks permitted were new sacks made of ten and one-half ounce jute or forty-inch, two-and-a-half-yard cotton sheeting, or forty-inch, eight-ounce osnaburgs.

No "wheat substitutes" of any kind, containing corn products, potato products, rice products or other cereal products were tolerated.

With more wheat in America than we knew what to do with; with the farmers actually feeding wheat to their hogs; with the Borden Company of New York City feeding wheat to their horses, we were begged by the Bakers' Weekly through an advertisement of the Ismert-Hincke Milling Company, Kansas City, "to eat more wheat to help bury the corpse of the greatest wheat corner and the most burdensome wheat surplus in the history of America."

In the same issue of the Bakers' Weekly the American Hominy Company urged the bakers through an advertisement to "use cream of maize because the high

(*Continued on page* 106)

LEARN ADVERTISING Quickly AT HOME
INSURE YOUR FUTURE

Earn $40 to $150 Weekly

Advertising, a big field for large earnings. Advertising enables you to rise quickly in business to highest positions. Insistent demand for those properly trained. We assist you to a position when qualified. Our course teaches you easily, quickly and thoroughly by newest modern methods. Preparation is highly interesting and fascinating

Earn $20.00 to $40.00 Weekly While Learning

We render special service and assistance to those desiring to earn while learning. Spare time evening work brings handsome additional income to students. Advertising offers excellent opportunity to go into business for yourself.

Write today for Free Book

This tells you all about advertising, how you can learn it, what's contained in our course, tuition, and all the information you'll need to know. Write today and insure your future independence.

APPLIED ARTS INSTITUTE
Dept. 623
Witherspoon Building
PHILADELPHIA, PA.

Advertising
the most profitable field in business for men or women

S-T-R-E-T-C-H for Health and Fitness

PANDICULATION, or stretching, is Nature's own method of toning the nervous system, eliminating congestions and rejuvenating the body.

How this interesting discovery is being successfully applied to build strong, graceful, healthy bodies, **to increase the height,** if desired, and to treat disease and correct deformities is clearly explained and illustrated in our free booklet, **"Stretching for Health."** Shows how a few minutes a day will keep your body fit, improve your figure and increase your health and efficiency. Write for it, giving your age and height.

THE PANDICULATOR COMPANY
Founders of the Science of Pandiculation
3866 Prospect Ave., Cleveland, Ohio

DIAMONDS
ONE CARAT $195.00

Former retail cash price $325. New low prices 40% discount. ¼ carat $146.25; ½ carat $97.50; ¼ carat $48.75. If satisfied, pay 20% down; balance in 10 monthly payments

10 MONTHS TO PAY

Genuine sparkling blue-white diamonds now sold direct to you by DIAMOND IMPORTERS on credit at 40% discount. 14 Kt. solid gold ring included free. We guarantee to satisfy you or return your money. 30 DAYS FREE TRIAL! Order direct from advt. or write for 128-page bargain catalog, sent free.

B. GUTTER & SONS 172 NASSAU STREET Div. 400, NEW YORK

SEXUAL KNOWLEDGE
320 Pages ILLUSTRATED Cloth
By Winfield Scott Hall, M.D., Ph.D.
SEX FACTS MADE PLAIN

$1.00
Postpaid
Mailed in plain wrapper

What every young man and Every young woman should know
What every young husband and Every young wife should know
What every parent should know

Table contents & commendations on request

AMERICAN PUB. CO., 579 Winston Bldg., Philadelphia

LONG STANDING CASES SOLICITED

BALD HEADS REHAIRED

Do not accept Baldness or other Hair Troubles with resignation. Carbo-Magno stimulates the scalp nourishes the tissues, and vitalizes the hair bulbs. The head is rehaired by an antiseptic vapor from our patent Hat Sheath, worn in the hat. Enthusiastic letters from men and women, confirm us in our claim that it is almost infallible. If troubled with scalp disorders—write at once for our FREE folder and testimonials.

Price of treatment within the reach of all.

CARBO-MAGNO
CARBO-MAGNO LABORATORY
Lock Drawer 538, Norfolk, Va.

The Cause of Stomach Acidity and Fermentation

How to Remove it in 48 Hours

By R. S. EDWARDS

IF I were asked to sound a health warning that would be of the greatest possible benefit to mankind, I should say emphatically—"Beware of acid stomach." For acid stomach is the cause of fermentation which, bad enough in itself, is the forerunner of a hundred ills that sap the energy and vitality of its victims. I venture to say that ninety per cent of all sickness starts with acid stomach. Yet the cause of stomach acidity can be removed in 48 hours!

Nature provides hydrochloric acid as one of the digestive fluids, but too much of this acid causes fermentation, hurries the food out of the stomach, and carries the acid all through the body. As a consequence, poisons (toxins) are formed which are absorbed into the blood causing autointoxication, nervousness, mental depression, and countless ills of which this is but the beginning.

Every one of the vital organs in time becomes affected—the heart, the liver, the kidneys, the intestines, the nerves and the brain all decline, for the stomach is the Power Plant of the body. Even the teeth are affected by acid stomach, for the gums recede and pyorrhoea will be the result.

Stomach remedies only neutralize the acid because they are stronger than the acid. This ultimately ruins the lining of the stomach. The acid being neutralized is absorbed into the blood only to come back to the stomach in greater quantities at the next meal.

How much more sensible would it be to attack this disorder at its source. Instead of attempting to neutralize the acid after it has formed, why not prevent it from forming in the first place?

Superacidity is caused by wrong eating, and the remedy must be found in the field of the cause—in eating correctly.

The individual sufferer from indigestion, acidity, fermentation, gas and such disorders has not carried his experiments with food very far. If he had he could easily cure himself, in 48 hours, as Eugene Christian, the famous food scientist, has proved beyond all doubt.

The reason which led Eugene Christian to take up the study of food in the first place was because he himself, as a young man, was a great sufferer from stomach and intestinal trouble.

So acute was his affliction that the best specialists of the day, after everything within their power had failed, gave him up to die. Educated for a doctor himself, Christian could get no help from his brother physicians.

Believing that wrong eating was the cause and that right eating was the only cure, he took up the study of foods and their relation to the human system. What he learned not only restored his own health in a remarkably short space of time, but has been the means of relieving some 25,000 other men and women for whom he has prescribed with almost invariable success even though most of them went to him as a last resort.

Christian says that all stomach and intestinal disorders, with their countless sympathetic ills are caused by wrong selections and wrong combinations of food, and that right combinations of food will positively remove every stomach and intestinal disorder by removing its causes.

No one would think of putting salt into an open wound, and yet we do worse than that when we keep putting irritating acid-creating food combinations into our stomachs already surcharged with acid.

The word diet is one which has an unpleasant sound—it makes us think of giving up all the things we like for those we have no taste for. But Eugene Christian's method is entirely different—instead of asking his patients to give up the things they enjoy, he prescribes menus which are twice as enjoyable as those to which the patient is accustomed.

Christian believes in good foods deliciously cooked—the kind all of us like best and which may be obtained at any home store, hotel, or restaurant. He says that most of the things we eat are all right—but that we don't know how to combine or balance them.

Often, one food good in itself, when combined with another equally good food, produces an acid reaction in the stomach; whereas either of the foods alone or eaten in combination with some other food would have been easily and perfectly digested.

Unfortunately, each food we eat at a meal is not digested separately. Instead, all of the foods we combine at the same meal are mixed and digested together. Consequently, if we eat two or more articles at the same meal which don't go well together, there is sure to be acidity, fermentation, gas, and all kinds of digestive trouble.

At Eugene Christian's New York office there is a constant stream of men and women who go to him for treatment after having tried everything else, and rarely are they disappointed in the outcome. Some of the results he has attained read like fairy tales. I know of a number of instances where his rich patrons have been so grateful for their restoration to health and energy that they have sent him checks for $500 or $1,000 in addition to the amount of the bill when paying it.

There have been so many inquiries from all parts of the United States from people seeking the benefit of Eugene Christian's advice and whose cases he is unable to handle personally that he has written a course of little lessons which tells you exactly what to eat in order to overcome the ailment which is troubling you.

These lessons, there are 24 of them, contain actual menus for breakfast, luncheon and dinner, curative as well as corrective, covering all conditions of health and sickness, including stomach acidity, constipation, and all intestinal disorders from infancy to old age and all occupations, climates, and seasons. They also tell you how to reduce and how to gain.

With these lessons at hand it is just as though you were in personal contact with the great food specialist, because every possible point is so thoroughly covered and clearly explained that you can scarcely think of a question which isn't answered. You can start eating the very things that will remove the causes of your disorder the day you receive the lessons and you will find that you secure results with the first meal. Many people who have suffered for years from acid stomach find that their ailment vanishes completely in 48 hours.

If you would like to examine these 24 Little Lessons in Corrective Eating, simply write The Corrective Eating Society, Inc., Dept. 275, 43 West 16th Street, New York City. It is not necessary to enclose any money with your request. Merely ask them to send the lessons to you with the understanding that you will pay the postman $1.97 (plus a few cents postage). If you don't notice a great improvement within 5 days after starting send the 24 lessons back and your money will be promptly refunded.

Please clip out and mail the following form instead of writing a letter, as this is a copy of the official blank adopted by the Society, and will be honored at once.

Corrective Eating Society, Inc.
Dept. 275, 43 West 6th Street, New York City

You may send me a copy of Corrective Eating in 24 Lessons. I will pay the postman only $1.97 (plus a few cents postage) when he hands them to me. If I am not satisfied, I have the privilege of returning them to you after 5 days trial and you are to refund my money in full.

Name.....

Address.....

City..... *State*.....

FEAR

IS YOUR WORST ENEMY

HERE'S THE PROOF

"Recent experiments made at the Laboratory of Psychology, at Washington, have demonstrated that a bad thought causes a chemical action to take place that injects a poison into the blood. . . Hatred, fear, anger and jealousy . . . have been found to contain deadly poisons. The poison of jealousy will kill a guinea pig in a few minutes, and in an hour of intense hatred enough poison is emitted to kill four score human beings."

Quoted from an article in the National Sunday Magazine by Elmer Harris.

SOME FORMS OF FEAR

Have you lost self-confidence?
Are you nervous?
Do you worry?
Have you lost your grip on self?
Have you lost your interest in life?
Do you ever wish to die?
Are you depressed in spirits?
Do you get blue and discouraged?
Are you mentally confused?
Do you fear to make decisions?
Are you jealous?
Are you unable to control yourself?
Do you fear you are going insane?
Are you self-conscious?
Do you fear to travel?
Are you afraid of crowds?
Do you let finances worry you?
Are you negative?
Do you lack personal magnetism?
Are you worried over religion?
Do you fear death?
Do you fear life?
Are you afraid of yourself?

NEURASTHENIA IS A DISEASE OF FEAR.

ALL FEAR, WHETHER INHERITED, OR A HABIT DEVELOPED THROUGH A LACK OF UNDERSTANDING CAN BE REMOVED.

Leavitt-Science Absolutely Removes

these Poisonous, Auto-Intoxicating, Destructive and Nerve-Wrecking emotional forces and puts you in possession of self, with knowledge of how to direct your mental and physical life. It opens the doors to NATURE—the most wonderful physician in the world.

Endorsed By the Highest Authorities

"I am sorry that the editors to whom all my work is contracted are not broad enough to permit me to express in print my appreciation of so valuable a work as yours."
ELLA WHEELER WILCOX.

"Leavitt-Science is the greatest enemy of fear. It points the way to health, strong-mindedness, forcefulness. It gives peace, poise and power—the constructive mind and executive ability that brings rich rewards."
ELBERT HUBBARD.

I Do Not Slight the Physical

Remember, Leavitt-Science *does not slight the physical end of things.* It simply *adds something more*—the MENTAL. It is, in fact, as blending of the best in ALL methods of healing; the result of my many years of experimenting and experience.

To those who will mail me TWENTY-FOUR CENTS for my booklet, LEAVITT-SCIENCE, I will give a full, personal diagnosis—FREE. Case-sheet sent with booklet. This diagnosis will *prove* to you that I DO understand your condition, and that I CAN HELP YOU. WRITE TO-DAY. Address

A CHAIN IS ONLY AS STRONG AS ITS WEAKEST LINK.

Health, Happiness and Success come to ALL who KNOW self and the laws underlying life as lived to the fullest.

EVERYTHING IS ACCORDING TO LAW.

WHAT I HAVE DONE FOR OTHERS I CAN DO FOR YOU

My second month's treatment being ended, have decided I am well enough to discontinue correspondence treatment. Wish to tell you that your letters have been of inestimable benefit to me, and I shudder to think of what a miserable being I might have been now had I continued on in the same old way. Your work is indeed a great one, and I shall be only too glad to recommend you to any of my friends who might be in need of your help. Katherine F. (West Virginia).

I am getting along wonderfully well. The fear phobias are gone, and I seldom think of them any more. I am taking care of business in a way that I thought impossible less than a month ago, which has helped a lot in other things. I have only to practice the things I have discovered lately to achieve all that I could ever desire in power, in health and in happiness. W. F. L. (California).

I am feeling so fine and so confident, and sure of myself, that I shall discontinue treatment now that this month is up. I cannot find words to express my gratitude for all you have done for me, and to express my appreciation of so valuable a work as yours. N. D. (Indiana).

I wish I had time to write you the letter I have in mind, but I am busy and must be on my way. But later, when I get time, I want to write a pamphlet and call it, "What DR. LEAVITT has done for me." Not with any desire of publicity or financial gain—but to help you help others. T. J. M. (Oklahoma).

Your teachings have proven to me what a weak miserable creature I was and has given me faith and courage to make something better out of myself. I can fight the fight alone after the running start you have given me. Accept my hearty thanks. P. W. B. (Arizona).

I have been slow in sending in reports, but I have not been idle. Things have been coming my way, and I would not go back to where I wa when I started your treatment for any amount of money. J. H. P. (Penn.)

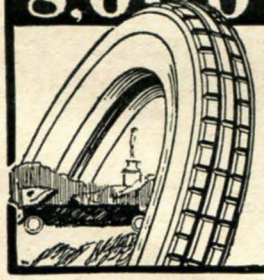
C. FRANKLIN LEAVITT, M.D., Suite 734, 14 W. Washington St., Chicago, Ill.

AUTHOR OF—MENTAL AND PHYSICAL EASE AND SUPREMACY, ARE YOU YOU? AND LEAVITT-SCIENCE.

Printing Cheap
Cards, circulars, labels, book, paper. Press $12. Larger $35 Job press $150. Save money. Print for others, big profit. All easy, rules sent. Write factory for press catalog, TYPE, cards, etc. **THE PRESS CO., D-38, Meriden, Conn.**

BAR-BELLS
Are the quickest and safest way to Health and Great Strength. LOWER THAN PRE-WAR PRICES. Write for particulars. **SAMSON BAR-BELL CO., 1214 N. Chester Street, Baltimore, Md.**

8,000 MILE CORD TIRES



Brand new, absolutely first cord tires. Guaranteed 8,000 miles and adjusted at the list price on that guarantee. The prices below include a brand new Tube.

30x3	$9.50	32x4	$16.10	33x4½	$22.15
30x3½	11.25	33x4	17.00	34x4½	23.20
32x3½	13.50	34x4	18.60	35x4½	24.05
31x4	14.10	32x4½	21.10	35x5	26.10

Send no money. Just write today and tell us the size of your tires and the number you want. Tires will be shipped C. O. D. with section unwrapped for inspection. All tires have non-skin tread.
CHARLES TIRE CORP. Dept. 707, 2824 Wabash Avenue, Chicago

(*Continued from page* 104)

cost of producing bread under the all-wheat formulas can be materially reduced by the use of corn flour."

The Krause Milling Company of Milwaukee in the same way urged the further use of "real flour made from white corn." Snows, Ltd., pushed the sale of pure white Japanese potato starch.

During all this confusion the American government allowed, and still allows, inferior wheat to be chemically bleached by the action of nitrous acid and chlorine gas for consumption at home. The very statesmen who are tolerant of these abominations of their own making, in their own land, are among the most intolerant in their political oratory on the subject of "America First."

They are not at all interested in the fact that advertisers continue to spend millions of dollars through newspapers and magazines, in lithographs and street cars, instructing the people in truths that never were true, and are not true now; pushing into greater prominence the very foods that are known not to possess the properties claimed for them.

Thus are we leading the people farther and farther afield, misdirecting them, setting up false standards for them, shoving them ever farther away from the fundamentals of nutrition, surrounding them with artificial refinements from which the life and vitality has been extracted.

We are actually debauching the American people and making millions of dollars of profit out of the debauchery by exploiting highly ornate labels, decorated cans, ornamented cartons, lithographed packages, painted bags, illuminated glass jars, ignoring the fact that their contents outrage the laws of nature now recognized by science on every stock farm of America as absolute, fixed and inexorable.

The splendid men who make up the rank and file of the advertising world, and who sin not through malice but through blind ignorance, are facing revolution. While influencing the thought and habits of their time in one direction, they are heedless of the fact that the scientific laboratories of Europe and America are crushing their sophistries.

What benefactors of their fellowmen these advertisers could be if the vast sums of money now passing through their hands were spent in exploiting those foods which during three generations of America have been gradually abandoned, until today they are scarcely to be found in the market-place.

What a magnificent function they would perform if they were to turn away from the manufacturers of foodless foods and devote their superb talent to the development of foods that will sustain life, adequately nourish prospective mothers, maintain the health of nursing mothers, develop normally the growing children of the nation, and feed the workers of the world so as to insure for them the maximum of physical strength, life and health.

Are YOU Young at Forty?

What you should know about the Glands of your body

You have observed that some men of 70 appear to be younger in activity than other men of 40 to 50. There is a vigor, an alertness, a commanding appearance much admired and coveted by the man who knows he is much younger in years. Perhaps the most common cause of ebbing strength and vigor which takes the spring out of the step and confidence out of the bearing, is the disturbed condition of an important gland. Even men of iron constitution are not exempt from the slow decline which is the result of this amazingly common irregularity. For those who would like to know its characteristics we have published, for limited complimentary distribution, an ethically accurate, educational, interesting book.

Prostatology

You may have a copy by simply requesting it. Its message may prove of unsuspected value to you. It clearly explains this vital gland and its functions, and how its disturbed condition may cause sciatica, backache, painful and tender feet, interrupted sleep, and other extremely uncomfortable and often serious conditions. It will tell you of Thermalaid, a simple means by which the essential of a new hygienic principle, done into convenient form, corrects this prostate gland condition and its attendant health faults. (One should not confuse this new idea with massage, movements, diets, electric rays, drugs, etc.) Followers of the great Metchnikoff and other investigators in the science of long life endorse this means. The record of its successes, covering a period of nearly five years, is incontrovertible. The book is free. Simply address

The Electro Thermal Company
1109 Main Street, STEUBENVILLE, OHIO

THE ELECTRO THERMAL CO.
1109 Main Street, STEUBENVILLE, OHIO

Please send me, without any obligation, a copy of your free book—PROSTATOLOGY.

Name .....

Address .....

Thermalaids

are a new means of applied hygiene, and therefore ethical. This is proved by the fact that hundreds of reputable physicians use and prescribe them. They are so simple to use, so understandable, that the use of them has proved safe in the hands of the public. Their success has gained the highest commendation from men of prominence in health circles.

Words From Grateful Patrons

A Very Grateful Patron from New York City Writes:

"I am sure that any one who has used your Electro Thermal appliance as I have would write you a similar letter. I used the appliance 45 minutes daily for the first six month, then about twice a week. Of course I improved so rapidly that I nearly forgot to use it at times, often two or three weeks and at one time nearly two months elapsed without giving it a thought. I have had prostatic trouble for twelve years. You may use this letter any way you see fit that will benefit those who have prostatic trouble."

From Tacoma, Washington Comes the Cheerful Advise that Mr. H. L. Boomhower is Over His Trouble

"I wish to say that I think your device has done me much good in reducing swollen prostate. I am an old man, and will say this outfit has saved me from the surgeon's knife, which I consider nearly sure death. I am not troubled at all now."

Recently We Heard Entirely Unsolicited From a Patron in Brooklyn, as Follows:

"I am using your appliance which I received a few days ago and find it very beneficial for the prostate trouble, which I have had for twenty years. I will recommend it to any sufferer that I know."

Several of Our Patrons Call Our Appliances "Wonders". From Casper, Wyoming, R. I. A. Writes:

"I have never told you how much I like my Electro Thermal Outfit, but believe me they are wonders—just what you claim they are and more. And from Two Rivers, Wisconsin, L. J. D. says "Your Thermalaid is a wonder. It has relieved me considerably though I am not cured yet, still the relief I got is worth the price. I can not expect a cure as long as I have other cases causing poor blood. I can go to bed at night now and don't get up 'till morning and I used to get up three and four times each night. With best wishes and success for your appliances, I remain."

A Chicago Patron Says Our Appliance Has Done More Than all Other Treatments

"I have been using your Thermalaid appliance for several weeks and already note a vast improvement. I suffered several years with prostatic trouble, and had an operation some time ago, but your appliance has done more for me in the short time that I have been using it than all the other treatments I have undergone."

Relief the Next Day Writes L. A. W. From Milford, Utah

"I have intended to write to you for some time in regard to the treatments I have taken with your Thermalaid. I noticed relief the next day after commencing to use the treatment, and have continued improving ever since until I can not say whether I need it or not. I do not feel any of those old symptoms at all. I doubt if I shall ever be required to use it again in my case, if so I feel confident of receiving good results."

Words of Praise From Minnedosa, Manitoba, Canada

"All goods supplied me by your firm are of a very high class, results from their use are all that could be desired by any reasonable minded patron. You have my permission to use all or any part of the above statement in any way you may see fit, so long as you are engaged in your present work of rebuilding human bodies by apparent natural and common sense methods."

We have the original of these letters and many more in our files. Write to us for name and address of above or many other enthusiastic patrons.

Reduce or Build Weight with or without Music

Mail the coupon below for the first phonograph lesson from my course that has helped over 100,000 women reduce or increase their weight, perfect their figure, gain new health, vitality and energy.

What I have done for them, I CAN DO FOR YOU. You can weigh what you should, strengthen your vital organs and nerve centers, strengthen the muscles of heart, stomach, intestines, strengthen the muscles of the abdomen.

If you are too large, you can REDUCE YOUR WEIGHT.

If you are TOO THIN, YOU CAN BUILD up YOUR FLESH. You can build up a thin neck, undeveloped bust, etc. You can *stand correctly, walk properly, breathe correctly.* You can accomplish all this easily, pleasantly, inexpensively—in the privacy of your home—and to the music of your phonograph.

Read what my pupils say:

Miss Cocroft's work has the endorsement of medical journals and of physicians throughout the country. Every day brings such letters of appreciation as these from her pupils:

"Just think! I have gained 31 pounds since I began your work. I can never tell you how grateful I am to you."

"When I started your course I weighed 190 pounds, but have reduced to 158."

FREE
Send Coupon and try record free

A Woman's Course for Women

"Miss Cocroft's health education and 20 years' experience in helping women in all sorts of conditions have enabled her to understand a woman's needs. She knows that violent exercises may prove harmful. Her exercises are easy and safe; each exercise accomplishes certain definite results. Before giving you the complete course she studies your case as a physician does, giving exercises which she selects for your individual case, adapted to the music of records."

Let me show you that I can do for you what I have done for thousands.

Try Record FREE
Mail the Coupon

Remember, if at the end of five days' trial of the record, you are not convinced that my course is all I claim, return the record and chart. Your trial will cost you nothing.

If you like the exercises I will enroll you for the complete course. I give the same personal attention to the phonograph course that I give to my regular course. If you have no phonograph, you can get the same work by enrolling in my regular course.

Susanna Cocroft
Dept. 5, 1819 Bdway., New York

Mail This Coupon for FREE Trial Record
SUSANNA COCROFT, Dept. 5, 1819 Broadway, New York
Please mail me your phonograph record of exercises for: (Mark record desired)

☐ Reduction of Weight ☐ Increasing Weight
☐ Building Health and Vitality ☐ I have no phonograph—send details of regular course.

Also send your chart of the exercises and illustrated directions for correct poise. I enclose 50c for postage, printing and packing. I understand that I need not return the record, but if I decide to take your course, I may deduct the 50c from my tuition.

Name.....

Address.....

.....

What Would You Do in This Case?

(*Continued from page* 66)

left two miserably unhappy people with a house full of children. And they go on living together, quarreling at home, acting hypocritically in company, pretending they love each other still! It's appalling, how many, many cases there are of this.

Think it over. Look at the quarrels ensuing from "love matches." The newly wed who, at the end of a year, has not had a regular stem-winding knock-down and drag-out quarrel with its mate is indeed a *rara avis.* The quarrel comes when the mist of love is drawn from before the eyes of the senses, disclosing the stark reality of the immensity of the institution of marriage! The seriousness of the undertaking has been hidden behind the passions of love, as had, too, the faults of the two mates; and it required association to lessen the thickness of the veil, and to disclose to them the facts of marriage which make ninety and nine out of one hundred advise thusly: "I wouldn't be single again for anything, yet, if I were single, I wouldn't marry again, for anything." But in their hearts they are sorry they ever married, or they would not talk so! They lie! Yet, rather than have people know they are disappointed, they pretend the rest of their miserable lives.

Such is love.

Seeking a person who values affection above love, I have come to be critical of every person I meet. A person can see better at a distance of two feet than he can with the young lady in his arms. With her in his arms, his reason is deadened, overpowered by passion, misnamed love. Few will stand analysis.

"Now that we are going to be married, Eileen, I'd like you to say just where and how you'd like to live."

"We will live at a hotel downtown near the theatres and beauty parlors—you will find that I am all false." (Giggles).

Eileen had been living with her parents in a rented house in a small town near a large city. She was accustomed to wearing gingham dresses, chewing gum, and doing her own beautifying. She was, at the time, desirable, being nice, and poor.

She continued: "You can have the advantage of the libraries in the city, and I can amuse myself with matinees, the coupé and a few little teas and so on."

I felt like replying "Like h—l you will!" but, the best I remember, I merely grunted. "Amuse myself with the coupé!" It is to laugh! Her dad once had a Ford, but it wore out, and for a year she'd been walking wherever she wanted to go.

"How'd you like to travel around for a year or so? Maybe you'd like that? Huh?"

"Oh, no! It gives me the most dreadful headaches to travel, and besides, there are going to be several other weddings just after ours, and I'll be busy with frocks for them—I wouldn't miss 'em for anything."

"Thought maybe you'd like Florida or California for a while before settling down and building a home, if you don't care to go abroad."

"Oh, dear, but I *hate* a home—we could never go anywhere then!"

If I had done what I should, I would have told this young lass that I could at any time pick up a woman, pay her bills, carry her about over the world with me,—one who would love me as much as this girl did, and have all the advantages she offered, without entering into a knot it requires the law to untie! But I didn't say anything. I began squirming out of the engagement—and got out, too, with mutual consent.

That's the way I've found it. If the girl is poor, moral, decent, fairly economical, mother-

(*Continued on page* 110)

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An abomination to the human stomach"—
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BENEATH the most unsightly complexion, beneath the most persistent black-heads and pimples and blemishes, there is a skin as soft and smooth and charming as a child's! Every woman has a beautiful complexion, and she can find it at once if she will only remove the film of dust and dead skin-scales that are clogging and stifling the pores.

The face is a mass of interwoven muscular fibers overlaid with soft, delicate membranes called the skin. These membranes expel acids and impurities, and are provided by nature with millions of tiny pores for the purpose. When dust clogs up these pores, and stifles them, the acids and impurities *remain in the skin.* They form blackheads, pimples, blemishes.

Yet under the most unwholesome disfigurements, under the most coarse and sallow skin, there is exquisite beauty! Remove the dead scales on the surface, remove the blemishes and impurities beneath the surface—and the complexion will be left soft and smooth, tingling with the freshness of youth and beauty!

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Science has found that there is only one natural, scientific way to remove the blemishes and impurities *at once*, revealing the beautiful complexion underneath. A wonderful new discovery actually accomplishes this in a few minutes. Almost while you wait the hidden beauty of your complexion is brought to the surface!

This new discovery has been given the most appropriate name of Complexion Clay. It is not a cosmetic; it is not a skin-tonic. You do not have to wait for results. The soft, pliant, cream-like clay is applied to the face with the finger tips. It dries and hardens. And as it hardens, it draws out every skin impurity with gentle firmness. When it is removed, the skin beneath is found to be smooth and clear and beautiful.

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Never before has the attainment of a smooth, clear complexion been as simple, as instantaneous as now. Complexion Clay is one of the most amazing discoveries known to science and chemistry. It is a preparation of wonderful potency, and it brings new life and youth to every skin cell and pore.

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Don't send any money—just the coupon with your name and address. A jar of Complexion Clay will be sent to you promptly. Pay the postman only $1.95 (plus the few cents postage) when it is in your hands. This special reduced price is made for introductory purposes for a short time only. The regular price is $3.50—but if you take advantage of this offer at once you pay only $1.95 (plus postage) and in addition you have the guaranteed privilege of returning the jar and having your money promptly refunded if you are not delighted after the first application.

Take advantage of our special free-to-your door offer. Mail this coupon at once, and get your jar of Complexion Clay before the present supply is exhausted. Many will have to be kept waiting. Mail the coupon NOW! Address Domino House, Dept. 225A, 269 South 9th St., Philadelphia, Pa.

Domino House, Dept. 225A,
269 South 9th St., Philadelphia, Pa.

You may send me a $3.50 jar of your Complexion Clay. I will pay the postman $1.95 plus postage. Although I am benefiting by the special introductory cut price, I am nevertheless purchasing the first jar with the absolutely guaranteed privilege of returning it within 10 days and you agree to refund my money if I am not delighted with the results in every way. I am to be the sole and only judge.

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(*Continued from page* 108)

loving, father-obeying, why, the opportunity to "amuse herself with the coupé" goes to her head. If she is a daughter of wealth, she wants to be given a house in every state, two in Europe, a mansion on the Drive, and a suite in a downtown New York hotel!

What are we going to do about it, girls? I have found that they not only expect to be cared for in queenly style, whether accustomed to it or not, but that they expect the husband to work all the time so that he will not be cluttering up their smart affairs with his presence!

Children? No, no! Not for a while, anyway. (Which is all right.) Home? No, no! Too much of a bother—nuisance! Love me and me only? Yes, dear, but you'll be busy most all of the time, and I'll have to attend little teas, and matinees, and parties and so on—to keep from disturbing you. See other men very much? Well, dear, one can't very well cut all the men. They are useful sometimes.

And just about that time I realize that she thinks I'll be useful—sometimes, and I start for the nearest exit.

I haven't any money, but make a good bit when lucky enough to guess what the producer thinks the public wants. My stuff is advertised as "Special," with my name along with the director's and the star's. Most people think that because I have studied human nature and can transmit it to the silversheet, I am a Merlin, a Wizard, a regular Aladdin's Lamp. True, what money I make comes in from one to ten thousand dollar lots, and I am an easy liver and a free spender. But I am human. I am the same farmer's boy I used to be, and I want a home, an affectionate wife who will be half as good to me as I hope she will be capable of letting me be to her, who will invite me to ride with her in the coupé, to attend the theatre with her, and to help her love the child, or children, which would come to our union.

Such a woman would be a most welcome anchor to a withering soul! I am fortunate enough to be popular with every one—men, women, boys, girls, children, tots, babies, old women, very old women, old men and very old men, flappers, flirts, philanderers, mollycoddles, crooks, gamblers, preachers, lawyers, governors—everybody. I'm a good mixer, and know it, and am thankful. I've traveled several states, attending thousands of socials, churches, dances, dinners, week-end parties, and all manner and kind of gatherings, trying to find "her." Every time I think I've found her, she turns out to be a chameleon!

Although I am rapidly advancing toward twenty-five, I am yet chaste. I was reared to revere all womankind, all mankind—but to be careful. I am. I am careful. I was reared extremely poor, and deserve credit for being no worse than I am, for money is a bad thing to have, especially when it arrives in chunks too small to buy bonds with and too large to live frugally with. My address is U. S. A.—I have no home, at all.

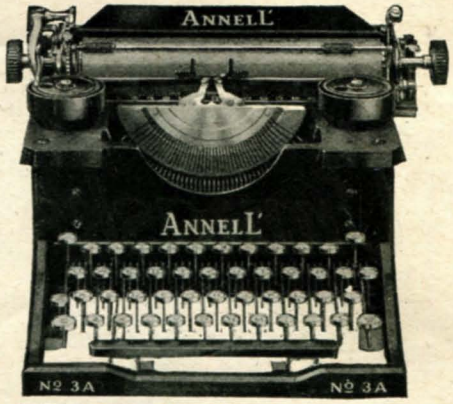
Society is all right, dancing is all right, cards are all right, but—

In every marriage, both parties to it are taking chances. Both parties, if they are sincere, will minimize the chances the other party is taking—must take. Instead of getting all they can out of the other party, the spirit of affection is to give that other partner all you can give. And both sides will do this, *if they are at all worth having.*

SINCERITY.

We will be interested in the reaction of our readers to this man's letter, and particularly in the opinions of the fair sex. You may ask which is the fair sex? One sex is supposed to be fair in appearance, if not in judgment. But is the other any more fair-minded in matters of this kind?

(*Continued on page* 112)



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MANY people say "Did you hear from him today?" They should say, "Have you heard from him today?" Some people spell calendar "calender" or "calander." Still others say "between you and I," instead of "between you and me." It is astonishing how many people use "who" for "whom," and mispronounce the simplest words. Few people know whether to spell certain words with one or two "c's" or "m's" or "r's," or with "ie" or "ei," and when to use commas in order to make their meaning absolutely clear. And most people use only common words—colorless, flat, ordinary. Their speech and their letters are lifeless, monotonous, humdrum. Every time they talk or write they show themselves lacking in the essential points of English.

Every time you talk, every time you write, you show what you are. When you use the wrong word, when you mispronounce a word, when you punctuate incorrectly, when you use flat, ordinary words, you handicap yourself enormously. An unusual command of English enables you to present your ideas clearly, forcefully, convincingly. If your English is incorrect it hurts you more than you will ever know, for people are too polite to tell you about your mistakes.

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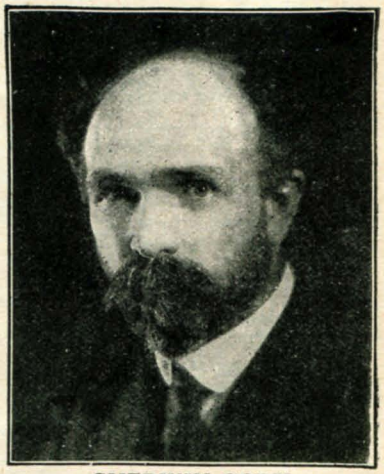

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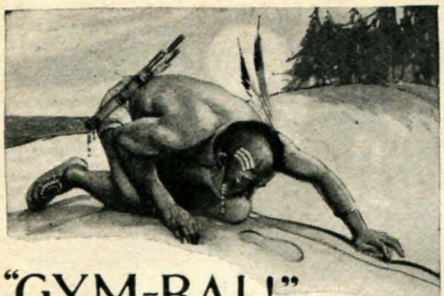

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BE SURE AND READ PAGE 12

(*Continued from page* 110)

Our own reaction is that, judging from this very letter, men are not any more fair than women in the matter of passing judgment upon the relative virtues of the two sexes.

Just why has our correspondent not been able to find the right kind of a girl? Although only twenty-four years of age, he has had the opportunity to meet great numbers of women. Perhaps because of professional success in his particular line of work, he has attracted a class of girls that would not altogether appeal to him.

It is obvious that our friend himself has never really been in love. He says that he has often been in love, but never could quite make it to the altar. In other words, if the girls were fooling with him, he was, equally certainly, fooling with them, for he did not love any of them. This is evident by his own mental reservations when becoming engaged. Perhaps he tried to persuade himself that he was in earnest, but sub-consciously he never was, and sub-consciously he knew that he was not. Therefore, he always left a loophole for himself so that the engagement could be easily and conveniently broken without anyone getting hurt.

When our friend finally meets a woman whom he loves, he will have no mental reservations on the subject. He will leave himself no loopholes in becoming engaged, for he will want no loopholes. He will want that particular woman, and he will want her for all of his days. He will want a real engagement and he will want a marriage contract that is all sewed up tight—if he loves her. In all of the cases of his experience he has been more in love with himself than with the girl with whom he entered upon one of those "trial engagements." He has only become engaged to her in each instance because she was pretty and perhaps physically attractive, and because it provided good amusement—with the aforesaid loophole as a safeguard.

Possibly our friend has gone about looking for some sensationally grand passion, some ardent and consuming flame, which would sweep him off his feet, some story-book or "movie" brand of love. And somehow he has been disappointed in not finding it. Being a very sex-conscious young man, he has been playing the little game of romance with the many attractive girls that he has met, but without ever becoming seriously interested in any of them.

We might offer the suggestion that instead of looking for romance, of the kind that he writes about, he should look for a different type of relationship, that of a fine, clean and sincere friendship with some young woman who is capable of such a friendship. A friendship of this kind may prove to be entirely platonic for the rest of his life, or it may be a friendship capable ultimately of ripening into a deeper, closer affection. Find a woman who can be such a friend, and then if this friendship ripens into love, you will have

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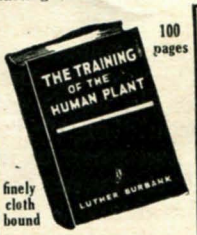

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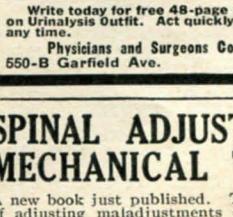

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the basis of a happy, successful and very wonderful marriage. Your wife should be a chum. Probably the great difficulty in nearly all cases of domestic friction lies in the fact that there is no fundamental friendship between the pair. Sex attraction without friendship will easily wear out. Actually it does wear out in innumerable cases. Where there is friendship and congenial tastes, a man and woman will grow to think more and more of each other throughout all their married life.

There are plenty of women, large-souled, wholesome women, intelligent and self-respecting, and possessed of all the qualities that our friend thinks he is looking for. They are to be found everywhere. He probably did not see them even when he met them. If he will once realize just what he is looking for, he is bound to meet the woman whom he wants—or whom he ought to want, judging by his disappointment with those whom he met.

There are not many who write their problems in such detail, although many young men have asked practically the same question. The following letter is very typical.

"The writer is a young man, American, with no bad habits whatsoever. Interested very much in physical culture.

"I am thinking about getting married, but cannot seem to find any girl that appeals to me. Most of the girls of today use too much powder and paint.

"How can I meet some nice physical culture girls?"

C. H. A.

It is hard to know what to say to some of our correspondents except that they seem to be hard to please. Perhaps we are optimistic in this matter. Perhaps we should support the idea of holding to high standards in marriage selection. And we do. But also we feel sure that one will find nice women in every community, and probably in about the same proportion the whole country over. Yes, you may even find them among the girls of today who use powder and paint.

As a rule one does not go about looking for a life partner in the cold-blooded, appraising spirit of this correspondent. As is usually the case, one discovers, some fine day, that he is already interested in a certain member of the opposite sex, although in the beginning he had no intention of becoming so interested. He now finds the attraction is there, that it is more or less irresistible, and then he begins to think about marriage. But when one says to himself "I am getting on now; I am old enough to be married, and I ought to settle down," and then begins to look around for a suitable candidate for a wife, that is an entirely different situation.

However, the question of meeting nice physical culture girls is just the simple problem of meeting any nice girls. The physical culture girl is no different than any other girl, for she is only the ordinary healthy, wholesome girl—and I think

How to be free from laxatives

Science has found a Newer, Better Way to Overcome Constipation

The widespread use of laxatives and cathartics has caused medical authorities to issue a warning, regarding their use in the treatment of constipation.

An eminent physician says that an inestimable amount of injury is done by the use of these intestinal irritants, most of which provide temporary relief only at the expense of permanent injury. Another even goes so far as to say that all laxatives are irritant poisons which affect the stomach, as well as the colon and small intestine. In time, he asserts, their long continued use gives rise to gastric and intestinal catarrh, colitis and the varied evils which accompany these disorders, especially hemorrhoids, appendicitis, and intestinal toxemia, as well as an aggravation of the constipation which they are given to relieve.

No wonder that Science has sought a newer, better way. After years of study there has been found in lubrication, a means as simple as Nature itself.

LUBRICATION

In perfect health a natural lubricant keeps the food waste soft. Thus it is easily eliminated. But when you are constipated, this natural lubricant is not sufficient.

To find something to take the place of this natural lubricant, leading medical authorities conducted exhaustive research. They have discovered that the gentle lubricating action of Nujol most closely resembles that of Nature's own lubricant. As Nujol is not a laxative it cannot gripe. It is not a medicine in any sense of the word—and, it is harmless. These facts have led to its adoption in leading hospitals throughout the world for the treatment of constipation. Specialists consider it indispensable in treating chronic constipation.

The lubricating action of Nujol has helped thousands of people to overcome constipation and free themselves from laxatives and cathartics, thereby wonderfully increasing their capacity for usefulness, activity and enjoyment of life.

Test Nujol yourself. For sale at any drug store, or send coupon today for free sample.

MISTOL, a new product, for Colds in head, Nasal Catarrh, Laryngitis, Bronchitis, Hoarseness and acute paroxysms of Asthma. Made by the makers of Nujol.

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Relieves Constipation

Guaranteed by Nujol Laboratories, Standard Oil Co. (New Jersey)

FREE TRIAL BOTTLE

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For this coupon and 15 cents stamps or coin, enclosed, to cover packing and postage, please send me a trial bottle of Nujol.

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Address.....

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and Diamond Lake Health Resort Near Chicago

All diseases remedied by natural methods. Wonderful results. Fasting, milk diet, vegetarian. Swimming, boating, pure air, sunshine. One week free. Booklet.

Do you know that Clear-Tone —the wonder-working lotion— used like toilet water—

Clears Your Skin

of Pimples, Blackheads, Acne Eruptions, Enlarged Pores, Oily or Shiny Skin? *Elegant after Shaving.* Indispensable for sensitive and refined women. This new scientific cosmetic is GUARANTEED to banish unsightly blemishes easily and quickly, and leave the skin clear and smooth.

"A Clear-Tone Skin"

This Free Booklet tells how you can easily and quickly at home obtain a clear skin, free from all blemishes, like Nature intended you to have. Thousands of copies of this interesting book are distributed every month.

Clear-Tone is not a cure-all or mail-order treatment, but a scientific, reliable SKIN LOTION, perfected after 15 years personal experience by Mr. E. S. Givens, who knows every embarrassment one has to suffer with a bad complexion. Endorsed and prescribed by physicians, druggists, and thousands of enthusiastic users, and sold on a direct and positive guarantee of satisfaction or money back! The marvel of Clear-Tone is that it clears the complexion so quickly, no matter what the cause. **Over 100,000 test cases.**

Clear-Tone has had an *unprecedented success* as evidenced by thousands of voluntary letters written by men and women who had very bad blemishes and tried various soaps, ointments, and doctors without relief.

Read These Letters!

From U. S. Hospital--"Find myself improving wonderfully. Any one I see that has skin trouble your wonderful Clear-Tone will be recommended." Chas. A. Rein, U. S. Hospital 41, Staten Island, N. Y.

From a Barber--"Have been a barber for 30 years and never saw anything as good as Clear-Tone. All barbers should know about it." Otto Van Burin, Kansas City, Mo.

From a Musician--"I am obliged to be in public a great deal and my complexion was a great embarrassment. Clear-Tone improved me so greatly that I strongly recommend it." C. H. Lindeman, Steubenville, Ohio.

From a Lady--"I am sure grateful for Clear-Tone as it made a change in my face in less than a week." Miss Lillian Kuster, Pa.

From a Soldier--"It is certainly wonderful."Louis Langer, Troop F,3rd Cavalry, Ft. Ethan Allen, Vt.

From a Flyer--"Cleared my face of Acne." H. J. Howald, N. H. Station, Pensacola, Fla.

People Amazed--"Has cleared my skin completely of pimples and blackheads. Everybody who sees me is amazed." R. R. Wilson, Pearson, Ga.

Thousands of Others--men and women--praise Clear-Tone. We'll gladly send copies of most interesting testimonials.

FREE Simply send name today for FREE booklet, ***"A Clear-Tone Skin,"*** telling how I cured myself after being afflicted for 15 years, and my $1,000 Guarantee to clear your skin of the above blemishes.

E. S. GIVENS, 240 Chemical Bldg., Kansas City, Mo.

most girls are wholesome if you give them a chance to be—who has become acquainted with the principles of healthful living. Any nice girl of your acquaintance will become a physical culture girl as soon as she is informed, and so initiated. She may be the girl you want even though she powders and paints. For this practice on her part is no more inconsistent than your own practice of wearing a stiff white linen collar, or fashionable, tailormade clothes. It is a matter of conforming to convention, just as you do when you wear a hat which you do not really need. Just as soon as your girl friend realizes that the use of paint and powder is only a foolish affectation and that it does not really increase her charm, she will probably drop it, although at best it is a very small matter when compared with the importance of temperament, mentality, personality and the other factors that should go to make the girl of your choice the kind of a woman that you will want for a wife.

Probably your girl friends paint and powder because they do not wish to be conspicuous. In any case, your inclination to be exacting in small matters of this kind may constitute evidence of a disposition to be extremely exacting in other matters and perhaps very intolerant. Your girl friends probably have you spotted as a man who will insist upon his wife being cut out after his own pattern. But unless you can develop a certain measure of tolerance, indeed, unless both parties to the marriage can develop a reasonable spirit of tolerance, a happy marriage is not to be expected.

In summing up, let us repeat that we receive the same kind of complaints from young women about young men. We would give very much the same answer in both cases. Good qualities are not the monopoly of either sex. Likewise frivolity, fickleness and lack of character are not monopolized by either sex. Among both sexes you will find probably a somewhat similar percentage of individuals who are sincere, clean-minded, idealistic, ambitious, and otherwise worth while. Perhaps it is largely a matter of having the kind of eyes that will enable one to *see* them when he meets them.

And Here, for Instance, Is the "Modern Girl's" Side of the Story

TO THE EDITOR:

I have been reading quite a bit about "the modern girl" in the women's magazines, and here is my reply:

Why is it that the modern girl gets all the roasting in this Twentieth Century oven and the modern man, who has made the modern girl what she is by his demands on her, goes unsinged? The magazines seemed to have organized themselves in a crusade against the modern girl, but they see only the effect and not the cause that forces girls to pretend at least to be "modern."

If a girl isn't willing to pay the price of the company of these most interesting males, then she can stay at home—for all they care. And let me say that the price they ask in return for a show, dinner, or dance is too darn much.

Why can't a man spend an evening with a girl without trying his best, with every art of

The Cure for Bad Tonsils

is not obtained by CUTTING them out but by CLEANING them out. You can do this yourself. Avoid the pain, trouble, worry, cost and risk of a needless operation for tonsils and adenoids.

Don't neglect these diseased glands—they are dangerous to health and life. They must be cured quickly or serious results will follow. Learn all about the

CAUSE, CURE, AND PREVENTION

of tonsil and adenoid infection. Read the whole story in this remarkable booklet "Tonsils and Adenoids." Contains information of priceless value to parents and children, salesmen, teachers, preachers, singers and to invalids whose tonsils were made to help them get well. Every doctor and healer should have this book. Every student of health needs it. Every mother and father should read it. $1.00 postpaid. Get a copy today. Published by

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This book may be purchased at any of the stores mentioned on page 94.

BE SURE AND READ PAGE 12.

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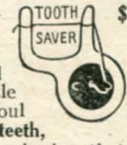
USE this *tooth saver* every day to prevent decay, bad breath; that dreaded, gum disease pyorrhea and bodily infection. This little instrument removes the foul deposits from **between your teeth,** where over 80% of tooth decay begins, that your tooth brush fails to reach. Saves many dollars on your dentist bills. *Why take chances with your health?* Mail a dollar bill for yours today. Don't delay.



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RECENTLY an American writer was paid $1800 for a single short story. By learning to tell the stories of her dreams this woman has found her way to fame and fortune. You can learn to write, too. A new practical course of instruction will give you the training right in your own home during your spare time. Endorsed by eminent writers including the late *Jack London.*

Write Today for new booklet "The Art of Story Writing." No obligations—booklet is free. Special offer now being made. Write Today—Now!

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Physicians are abandoning drugs for this new treatment. If your mind or body is tired, open your pores and feel the rapid change in your condition, at cost of 2c a bath. **The Robinson Bath Cabinet** is the only scientifically constructed bath cabinet ever made for the home. **Great $2 Book Sent Free**—"The Philosophy of Health and Beauty." **Write Today. Agents Wanted.**

The Robinson Household Mfg. Co., 1075 No. 12th St. TOLEDO, O.

persuasion, and they all have the same line, to see that he doesn't leave her virtuous?

If these men only knew what a delightful change it would be to go with a decent man, some would try it for novelty's sake.

I was graduated from a uni ersity two years ago. There I went with numbers of men. I have also gone with them quite a bit these last two years that I have been teaching. I speak from experience, and the experiences of my girl friends. If a girl doesn't dance to a man's music, she is out of the game—that's all. All men seem to think that she is simply dying for them to give her a chance to go the limit with them. If a girl looks more like a human being than a chimpanzee she can look for insults right and left.

We are tired of it. We want the men who went with our mothers and grandmothers to come back. Please don't go on forcing us down to degradation—compelling us to be wallflowers. Give us a fighting chance to be pure.

Yours in defense of the

MODERN GIRL.

Wanted—A Real Man, with Intelligence, Ability and Decency

TO THE EDITOR:

Personally, I may have met people on a different plane than some young girls, having been a professional dancer since early childhood. People in private life regard us as beings apart from themselves. Naturally, I've met many men, though I'm not yet twenty-one, and have perhaps been shown the more vicious side of their characters through their misconception of mine.

But do men take their cue from my manner, and act accordingly? They do not. I like to meet men of intelligence, with social accomplishments, but always if I meet a man whose appearance I like, I am disappointed in his actions. I have continually to rebuke inferences of familiarity; after which he will in all likelihood gently fade into silence, separating himself from my further acquaintanceship without any signs of regret. This is true of almost all.

Women also regard me as a pretender if I chance to admit an unruffled past and unloved present. Having an ideal, I can't be satisfied with an idol of clay.

I don't look "theatrical." People are surprised that "such a *nice* looking girl is of the theatre." My manner certainly does not encourage the belief that I would welcome insult. Why do the men I meet think that I want *at least* flirtation? Yet everything they say shows that they think a girl should be very careful of what she does, while a man has no limit to self-indulgence and depravity, although offering himself in marriage, finally, as if he would make a good clean mate for a good clean girl, who will doubtless be glad to get him.

Magazine fiction does foster wrong opinions, making positive immorality alluring and necessary to development, especially of the male. Nothing could be more poisonous than a certain group of publications in this respect. Most photoplays present woman as a being whose only appeal is her beauty, which she puts to one use, that of drawing men to her. So if she draws one whose past is shady and marked with numerous affairs of love (so-called) why, they are each worthy of the other, is it not so?

I met one man whom I liked; his manner and conversation being engaging and intelligent. He shortly gave evidence of admiration. When his attempts at love-making were questioned, and he was told that I did not want anything but his friendship, well, "I was so different, so wholesome, etc." Although he had all the opportunity desired to see me again, *he never did.*

This experience was only one of many. Is it a wonder that I never hope to meet a virtuous man, with the intelligence and ability that The Man must have? R. A. D.

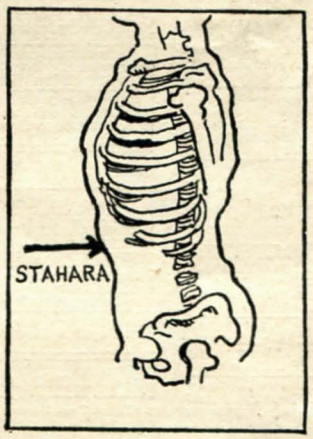
(*Continued on page* 118)

The Magic Secret of the Orient

How It Gives Super-Strength and Energy

FOR centuries, the world marveled at the amazing physical prowess of certain Orientals. Yet for generations the explanation of their mysterious strength and agility was hidden in the impenetrable secrecy of the Far East.

But at last their closely guarded secret has been disclosed. In his discovery of the "Stahara," Capt. Allan Smith, United States Army physical director, has solved the baffling mystery, and has contributed to the world new secrets of health and vitality.



The Secret of the Stahara

The people of India, China and Japan have long realized a fact that Americans have overlooked—that the true seat of the vital forces is in the Stahara. Here is the center of equilibrium, the "solar-plexus," the center of the sympathetic nervous system, the concentration point for the most of our important organs.

They have long appreciated (and modern science now agrees with them) that a vast percentage of nervous and organic diseases can be traced to lack of attention to the Stahara—and conversely that with the proper development of the Stahara comes marvelous strength, energy and health.

The Japanese system of Jujitsu has had as its basis the Stahara. The "greased-lightning" speed and herculean strength of jujitsu performers is only possible because of the development of their Staharas.

Acquire Health, Strength and Energy This Startling New Way

With his famous discovery Capt. Smith has prepared a system of development which, prominent army and civilian health authorities say, marks a new era in physical training.

Regardless of your present physical condition, this training will appeal to *you.* If you are strong, it will give you super-strength. If you are an athlete, it will greatly increase the range of your athletic achievements. If you are looking for a supreme method of defense, the jujitsu tricks and holds which are included in this training, will more than meet your needs.

On the other hand, if you are undeveloped and run-down, this method will prove to be the easiest, pleasantest and most reliable method by which you can develop your body and acquire vigorous glowing health.

Amazing Success

Already scores of men and women all over the country enthusiastically endorse this startling new system of development. Among them are such leading athletes as Benny Leonard, world's middleweight champion, Oliphant, famous West Point All-American star—such prominent men as Eli Swavely, principal of Army and Navy School and Commissioner Enright of the New York Police—and many other influential professional and business men and women.

Send No Money—Examine it FREE

But you can see it for yourself—without risking a penny. Merely send the attached coupon and the entire course will be sent you. Learn the all-important secret of your Stahara. Notice the wonderful improvement which the training brings in your condition. Try the jujitsu tricks—tricks that give you instant power of life and death over your opponent.

After 5 days, if the course is exactly what you need to develop your Staraha with all its resulting benefits, send $5 in full payment. If it is not, send back the course and you are under no further obligation. See for yourself—mail the coupon TODAY! STAHARA PUBLISHING COMPANY, 15 Exchange Bldg., Columbus, Ga.

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Please send me Capt. Smith's famous Stahara Course of seven books and 57 illustrated lessons. I agree either to send them back after 5 days, or send $5 in full payment.

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The rate for classified advertising in Physical Culture is 25 cents a word cash with order. Address all orders or inquires to Classified Advertising Manager, Physical Culture, 119 W. 40th St., N. Y. C.

Agents Wanted

Tailoring Agents Wanted—Make $50.00 To $100.00 and more per week, selling our wonderful all wool one price line. Suits sell for $29.50. None higher. Retail stores ask at least $50.00 for the same quality. Also strong line of featherweight fabrics to sell at $16.75 per suit. You collect your profits at once. We ship C. O. D. to customer for balance. We furnish beautiful 6 x 9 swatch outfit and powerful co-operation. Hustlers write at once. Salesmanager J. B. Simpson Inc., Dept. A-89, 831 West Adams Street, Chicago, Illinois.

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Agents—We Pay $9 A Day Taking Orders For Insyde Tyres. Best and easiest seller ever put on the market. Guaranteed to give double tire mileage. Any tire. No punctures or blowouts. Every auto owner buys on account of low price Enormous demand. Write quick for agency. American Accessories Co., B-677, Cincinnati, Ohio.

$1,080 Made By Wingo In Six Weeks Selling Never Fail Razor Sharpeners. Purdy made $40.50 first day. Other inexperienced men cleaning up big money. Applewhite, La., six orders in thirty minutes. Hurry—investigate—exclusive territory. Write today. Never Fail Co. 134 Allen Bldg., Toledo, Ohio.

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Demonstrate My Clothesline Tightener. Sells itself because it does the work. Big commission allowed agents. Write today for territory. L. J. Williams, Beloit, Wisconsin.

"Sell Necessities"—Everybody Needs And Buys the "Business Guide." Bryant cleared $800 in thirty days. Send for sample. It's free. Nichols Co., Dept. 12B, Naperville, Ill.

$75.00 To $150 Weekly. Free Samples. Lowest priced gold window letters for stores, offices and autos. Anybody can do it. Large demand. Exclusive territory. Acme Letter Co., 2800G, Congress, Chicago.

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Agents: Yeasto Line, Biggest And Most Rapid sellers in years. Double your money, sell houses and stores. Wonderful demand. Dept. F, Yeasto, Summit, N. J.

Agents—Our Soap And Toilet Article Plan Is A wonder. Get our free sample case offer. Ho-Ro-Co., 179 Locust, St. Louis.

Agents Wanted Are Easily Found By Classified ads. Write to-day for FREE folder, Classified Advertising Dept., Physical Culture, 119 West 40th St., New York.

Agents, Household Necessity, Big Seller. Mueller, 630 Chestnut, Milwaukee, Wis.

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Salesmen Wanted—Salesmen Acquainted With buyers and who can obtain orders for sales and order books, can make favorable commission arrangements with leading Chicago concern in this line. Chicago Sales Book Company, 337 West Madison St., Chicago.

Help Wanted

Ambitious Men, Women: $40.00, $150.00 Weekly. Become advertising writers. Students frequently earn $20.00, $40.00 weekly while learning. Prepare quickly at home spare time. We assist you to positions. Write Applied Arts Institute, Dept, 256, Witherspoon Building, Philadelphia.

Clerks For Government Positions, Railway Mail, Postoffice, Departmental, Field. Examination soon. Salary $130 month. Experience not required. Particulars sent free concerning positions, examinations. Write Columbia School of Civil Service, 344 Pope Bldg., Washington, D. C.

U. S. Government Railway Mail Clerks Get $92- $192 month. Men-boys over 17. Steady work. List positions free. Write immediately. Franklin Institute, Dept. C 73, Rochester, N. Y.

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Stop Daily Grind, Start Silvering Mirrors, Auto headlights, tableware, etc. Outfits furnished. Plans free. Clarence Springle Factory, Marion, Indiana.

Male Help Wanted

Detectives Earn Big Money. Excellent Opportunity. Travel. Fascinating work. Experience unnecessary. Particulars free. Write, American Detective System, 1968 Broadway, N. Y.

I Made $100,000 In Business For Myself. Full information—free—gives secret of my amazingly successful system. American Business Builders, 1129-R Broadway, New York.

Wanted—Partner For Trapping. Virginian, care Physical Culture.

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You Can Have A Business Profession Of Your own and earn big income in service fees. A new system of foot correction; readily learned by anyone at home in a few weeks. Easy terms for training; openings everywhere with all the trade you can attend to. No capital required or goods to buy, no agency or soliciting. Address Stephenson Laboratory, 8 Back Bay, Boston, Mass.

We Start You In Business, Furnishing Every- thing; men and women, opportunity to earn $1,500 to $7,500 yearly operating our "New System Specialty Candy Factories" anywhere. Booklet free. W. Hillyer Ragsdale, Drawer 44, East Orange, N. J.

"The Schemer," Alliance, Ohio, Prints Big profit schemes; one subscriber made $25,000 from three; another $10,000 from one. Try your luck. Year, $1.00; three months, 25c.

Be Independent. We Teach By Mail How To manufacture unexcelled toilet preparations. Earn while you learn. Results guaranteed. Particulars free. School of Cosmetics, Box M, Omaha,—Nebr.

Dollars Yearly In Your Backyard. No Mush- room dope. Particulars free. Metz, 313 East 89th St., New York.

This Is Your Opportunity. Send To Day For free folder. Tells all about classified ads. Write Classified Advertising Dept., 119 West 40th St., New York.

Make Money With Your Camera. Information for stamp. Lancaster, 409X Wright-Callender Building, Los Angeles.

Situation Wanted

Middle Aged Girl Wishes Position With Vege- tarians. Private of institution. L. M. care of Physical Culture.

Man 30, Wants Work On Farm—Anywhere. N. Angelwitz, care of Simon, 2017 N. Lake St., Chicago, Ill.

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Earn $25 Weekly, Spare Time, Writing For News- papers, magazines. Experience unnecessary, details Free. Press Syndicate, 1006 St. Louis, Mo.

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Letter Heads, Envelopes, And Any Printed Matter. Quick process, your order filled the same day received. Lowest possible price. Write for prices. Deluxe Printing Co., Elmhurst, Ill.

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Songwriters! Learn Of The Public's Demand for songs suitable for dancing and the opportunities greatly changed conditions offer new writers, obtainable only in our "Songwriters Manual and Guide" sent free. Submit your ideas for songs at once for free criticism and advice. We revise poems, compose music, secure copyright and facilitate free publication or outright sale of songs. Knickerbocker Studios, 317 Gaiety Bldg., New York.

Write The Words For A Song. We Revise Poems, write music and guarantee to secure publication. Submit poems on any subject. Broadway Studios. 122C Fitzgerald Bldg., New York.

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Write The Words For A Song—We Write Music, copyright and endeavor to promote popularity and outright sale. Bell Studios, 1490 Broadway, Dept. 122A, New York.

Free Booklet "Song Writing Facts." Song Poems wanted. Free examination. We write music, facilitate publication. Successful Song Service, 240 West 46th Street, New York, Department T

Song Writers. Successful Songs Earn Fortune. Submit your best. Attractive proposition. Music composing, arranging, copyrighting, printing. Pioneer Music Co., Suite 531, 1674 Broadway, New York.

Song Writers, Let Me Compose Music To Your lyrics. Write for particulars. Howard Simon, 22 West Adams Ave., Detroit, Mich.

Have You Song Poems? I Have Best Proposition. Ray Hibbeler, D119, 4040 Dickens Av., Chicago.

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Free To Writers—A Wonderful Little Book Of Money-making hints, suggestions, ideas; the A B C of successful Story and Play Writing. Absolutely free. Just address Authors Press, Dept. 54 Auburn, N. Y.,

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$25 to $300 Paid Anyone For Ideas, Suggestions suitable for photoplays. Experience unnecessary; complete outline Free. Producers League, 531 St. Louis, Mo.

Earn $25 Weekly, Spare Time, Writing For News- papers, magazines. Experience unnecessary, details. Free. Press Syndicate, 1006, St. Louis, Mo,

Short Stories, Peoms, Plays, Etc., Are Wanted or publication. Literary Bureau, 144, Hannibal, Mo.

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Patents—Write For Illustrated Guide Book And Evidence of Conception Blank. Send model or sketch of invention for our free opinion of its patentable nature. Highest references. Prompt attention. Reasonable terms. Victor J. Evans & Co., 805 Ninth, Washington, D. C.

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Patent Attorneys

Inventors. Should Write For Guide Book "How To Get Your Patent," tells terms and methods. Send model or sketch for our opinion of its patentable nature. Randolph & Co., Dept. 335, Washington, D. C.

Attorneys at Law

Don't Worry About Troubles, Difficulties, Etc., For advice and prompt action regarding all legal matters or money due consult Lawyer Wallace, 2204 Michigan Avenue, Chicago, Illinois.

Miscellaneous

Mail Old Gold, Unused Postage, War And Thrift stamps, Liberty Bonds, silver, platinum, diamonds, jewelry, watches, false teeth, magneto points, etc., new or broken. Cash immediately. Held ten days, returned if unsatisfactory, Ohio Smelting Co., 244 Lennox Building, Cleveland, Ohio.

$6-$18 A Dozen Decorating Pillow Tops At Home, experience unnecessary; particulars for stamp. Tapestry Paint Co., 109, LaGrange, Ind.

Free Formula Catalog, Laboratories, Boylston Bldg., Chicago.

HEALTH BUILDING

Health Resorts

Rose Valley Sanitarium: Box A, Media, Pa. A lovely home-like building, sixty-five acres of wonderful farmland, efficient staff, thorough physical examinations and the conscientious and persistent application of such proven remedies as Osteopathy, Massage, Exercise, Rest, Fasting, Fruit, Exclusive Milk Diet, Vegetarian and Mixed dietetic regimens, water treatments and an abundance of fresh air at all times have combined to build a record for this Sanitarium of over 95% satisfied and enthusiastic patients. Macfadden graduates on staff. Write for further particulars.

Milk Cure, Also Other Rational Diets. Ideal nature cure system. Location in beautiful Fox River Valley, Fine Beach. Delightful motorboat excursions and cross-country walks. Open air sunbaths and sleeping cottages. Twenty acres of park and orchard No city atmosphere. Very homelike. Large lawns for barefoot walks. Ideal place for the sick and those seeking rest and recreation. Lasting results. Moderate rates. Free booklet "C". Dr. Carl Strueh's Health Resort, McHenry, Illinois, near Chicago.

Dr. B. Lust's Nature Cure And Natural Life Resort, "Yungborn," Butler, N. J. Wonderful Results. Unique Methods. Naturopathy, Hydropathy, Sun and Air Cure, Diet, Fasting, etc. Patients, Guests and Visitors admitted. Rates moderate. N. Y. C. Office, Pure Food Store, American School of Naturopathy, class treatment by mail. Dr. B. Lust, 110 E. 41st Street. Literature 10c

Milk And Rest Cure, With Out Doors Sleeping in mountains under guidance of experienced nurse. Rosemary Farms also offers the advantage of simple natural living combined with pure air, pure food and quiet—with plenty of fresh home grown vegetables—Own dairy—Rates moderate—Booklet—Mrs. Addie A. Ackland, RosemaryFarms, Monticello, Sullivan Co., N.Y.

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The Fast Cure Combined With The Milk Diet (the Saint-Cyr system) has never failed to produce results. Free booklet. Saint-Cyr Sanitarium, Sierra Madre, California.

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The Van Valen Sanatorium, Yonkers, N. Y. Marvelous cures are made here in Mental, Nervous Functional Diseases and Addictions. Psycho-Therapeutic Tatment.

Milk Diet. The Original Porter Sanitarium, under personal direction Charles Sanford Porter, M. D., Box 506, Burnett, California.

San Antonio, Texas, Drugless Physician. All natural methods Health Home. R. C. Reynolds, N. D.

Stammering

St-stu-t-t-tering And Stammering Cured At home. Instructive booklet free. Walter McDonnell, 41 Potomac Bank Building, Washington, D. C.

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Dr. J. Lambert Disney, of Philadelphia, Pa., Drugless Physician, may be consulted in person at either 1505 W. Tioga St., or 1040 E. Chelten Ave. Physical Culture methods. Dietetics, Chiropractic, Suggestive Therapeutics, etc. Licensed by State Medical Bureau. Graduate of (and formerly Professor in) Bernarr Macfadden Institute, and other drugless institutions. Conducted physical culture health resort seven years. Physical Culture's largest advertiser during ten years 1905-1915. Known to at least 100,000 readers. See old issues for proof of patient's satisfaction. See also ad. above.

Home Treatment By Mail. You Can Become well without drugs—right in your own home. If you are suffering from any chronic disease that has resisted your best efforts, let us tell you how we can remedy it, the same as we have done for hundreds of others. Particulars free. Natural Therapeutic Institute, Elmhurst, Ill.

Dr. Linda Burfield Hazzard, Olalla, Wash. Fifty acres virgin timber, trailed and parked. Close to Seattle. In center of most wonderful and healthful vacation land in the world, with Puget Sound and mountain view. Pure spring water. Fasting, dieting, and accessories. Individual cottage plan. Reservations being made. Address as above.

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The Physical Culture Health Library Is A Vast mine of invaluable information regarding the treatment of weakness and disease by natural methods. See complete book index on page 12, Physical Culture Corporation, 119 W. 40th St., N. Y.

Your Eyes. Do They Ache, Burn, Grow Misty or dim? Renew them the natural, astonishing successful "Eye Gladness" way. Investigate. Post card brings the "Evidence" Free. Write Eye Gladness Co., Dept. H. Allegan, Michigan.

Complete Personal Dietetic Counsel For One year. Send description of case and dietetic habits and five dollars. Money back if we can not help you. Emshwiller Bros., 117 Center Street, East Lansing, Michigan.

"Everyday Dietetics." Helps You To Keep The doctor away. Tells you what to eat for your special trouble. By mail 50c. Better Health Pub. Co., Melrose Park, Ill.

Read Our Booklet Curative Menus, Which Has daily menus for curing nervousness, indigestion, constipation, billiousness, reducing, gaining weight, etc. De Luxe Printing Co., Elmhurst, Ill.

Dr. A. D. Vertisement Will Tell How To Cure poor business. Write for FREE classified folder, Classified Advertising Dept., Physical Culture, 119 West 40th Street, New York.

Cancer Is Curable—Our Painless "Home Treatment" gives wonderful Results. Send for our Free Booklet. Health Extension Institute Inc., Washington, D. C.

Women—Are You Interested In Your Health? Circular free. National Specialties, 32 P, Union Sq., N. Y. C.

No More Tooth Ache. No More False Teeth. $1.00. Mayer, 9577 Chestnut St., Richmond Hill, N. Y.

Books on Health, Etc.

"Eating For Health And Strength" Is The Wonderful new book by Bernarr Macfadden on food. See full particulars on page 138, or clip this ad, enclose with $2.00 and mail to Physical Culture Corporation, 119 W. 40th St. N. Y. Copy will be sent at once, full return privilege.

Just Out. "The Science Of Knowing Ourselves." Endorsed by the State University of Calif. For sale by Mrs. Adelle Howland, Reduced price $2.50. 50 Mary St., Pasadena, Calif.

"Better Health." An Illustrated Magazine. Teaches the principles of right living for overcoming diseases. Department devoted to health seekers. Spicy stories. Articles by noted health authorities. $1.50 year. Trial subscription 50c, for six months. Better Health Publishing Co., Melrose Park, Ill.

Sexology—Complete International Catalog Sent to members of professions and advanced adult students. The Book League, 5 Columbus Circle, New York.

Sex Knowledge, Illustrated, $1.25—Birth Control, $2.00—Never Told Tales, $2.00—Sexual Problems of To-day, $2.00. Circular free. Welfare Book Co., Dept. E., 32 Union Square, N. Y.

"Sexual Philosophy," 12c. Clearest, Best, Most Instructive sex manual published. Actually teaches, doesn't merely argue. Satisfaction guaranteed. "Health-Wealth" Publishers, 75 Bennington, Lawrence, Massachusetts.

Plain, Reliable Books On Personal Problems for men and women. Written by noted physicians. Catalog 4c. G. Smetana & Co, Owosso, Mich.

Milk Diet As A Remedy, New Enlarged Tenth edition $3. postpaid. Charles Sanford Porter, M. D., Box 506, Burnett, California.

Sex Books For Professional And Advanced Adult readers. The Modern Book Society, 228 West 52nd St., New York.

The Book For Mothers And The New Blood treatment. Literature free. Cimino, 339 Leonard St. Brooklyn, N. Y.

Books: Osteopathic, Chiropractic, Naturopathic, sex, etc. For Drugless Practitioners. Circulars sent. Murray, Publishers, Elgin, Illinois.

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Carque's Natural Foods Of California For Health and efficiency. Unsulphured dried fruits, nuts, nut butters, olives, orange blossom honey, whole rice, whole-grain flours, etc. Special offer: One package each Black Mission and Smyrna Type Figs, Prunola, Fruit Laxative and Nut Fruto, $1.00 postpaid. Ask for interesting food-booklet and price list. Carque Pure Food Company, 2619 West 7th St., Los Angeles, California.

Whole Wheat Flour And Cracked Wheat Breakfast food. The kind Mcfadden and McCann recommend. Honest to goodness whole wheat products delivered on your kitchen table for three cents per pound. Send no money or order until you get full particulars. Write today—Health Product Co., Galveston, Texas.

100% Whole Wheat Flour. Two Pounds By parcel post 30c. Fifty pounds, freight collect $3.00. Whole Grain Products Co., Jeffersonville, Ind.

Spongettes—Delicious Bran Biscuits That Banish constipation. Absolutely pure. Satisfaction guaranteed. Large trial carton 25c. 12 Cartons, 144 Spongettes, $2.50. Sent prepaid. Spongette Co., 405 Hersch Bldg., Pittsburgh, Pa.

Whole Wheat And Other Physical Culture Foods are easily obtained by consulting these ads. If you have any to advertise write for FREE folder. Tells about classified advertising. Classified Advertising Dept., Physical Culture, 119 West 40th St., New York.

Karstaedt's Mammoth Pecans. Samples $1.30, Walter Karstaedt, Dayton, Ohio.

Whole Wheat Health Flour, Also Health Cereal. Trial package 50c each. Ovid Flour Mills, Inc., Ovid, New York.

Personal

Pleasant Root Inexpensively Overcomes Any tobacco habit. Fine for stomach. Send address. Lyman Stokes, Mohawk, Florida.

Miscellaneous

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SCHOOLS AND EDUCATIONAL

Schools and Colleges

Women Make Successful Chiropractic Physicians. The capable girl with good education and health is peculiarly fitted for this humanitarian profession, which offers social and financial returns. Room, board and wages given in exchange for services while learning—gives student actual professional experience. Write for particulars to Department O. The Progressive College of Chiropractic. 515 So. Ashland Elvd., Chicago.

Study Chiropractic In The Land Of Sunshine. Our regular $450 2400-hour, 3200-hour, 4000-hour, or 4300-hour course, (each hour fifty minutes), now given for $350. Installments. Los Angeles College of Chiropractic, 931 South Hill St., Los Angeles Calif. Dr. Charles A. Cale, D.C., Ph.C., Pres. Catalogue free.

Summer School, Beginning Classes In Ophthalmology and Chiropractic. Oskaloosa College, Oskaloosa, Iowa.

Study Chiropractic In California. High-class Straight Chiropractic instruction. Ratledge System Chiropractic School. Established 1908. Ratledge Philosophy, Ratledge Superior System vertebral adjusting taught Exclusively. T. F. Ratledge, Founder, President. 703 Pacific Electric Building, Los Angeles, California. Enroll any time. Write for particulars.

Study Chiropractic In Ohio. High Standard. Splendid faculty. Only high school graduates accepted. Write for catalogue. Dickinson Chiropractic College, Inc., High Street at Long, Columbus, Ohio.

Become A Drugless Physician. Nature Cure course by correspondence, with three months sanitarium training, including massage, chiropractic, osteopathy and other systems of natural healing. Some can earn free course. Natural Therapeutic Institute, Elmhurst, Ill.

Elmhurst School Of Physical Culture Nursing, Elmhurst, Ill. Learn a dignified, well-paying profession at home during spare moments. Privilege of three months' sanitarium training."

Instruction

Magic Tricks—Send 2c Stamp For Catalog (Professional catalog 25c). Book hard tricks, 25c. Thurston's Book Pocket Tricks 25c. Trick Cards, 50c, postpaid. A. P. Felsman, 3234 Harrison, Chicago, Ill.

Want To Write? Let Writer Of Wide Experience aid you. Advice, criticism, etc. Correspondence welcomed. Author, Box 186-P, Mad. Sq. Sta., New York.

Learn How To Increase Your Business. Write Classified Advertising Dept., Physical Culture, 119 W. 40th St., New York for FREE folder.

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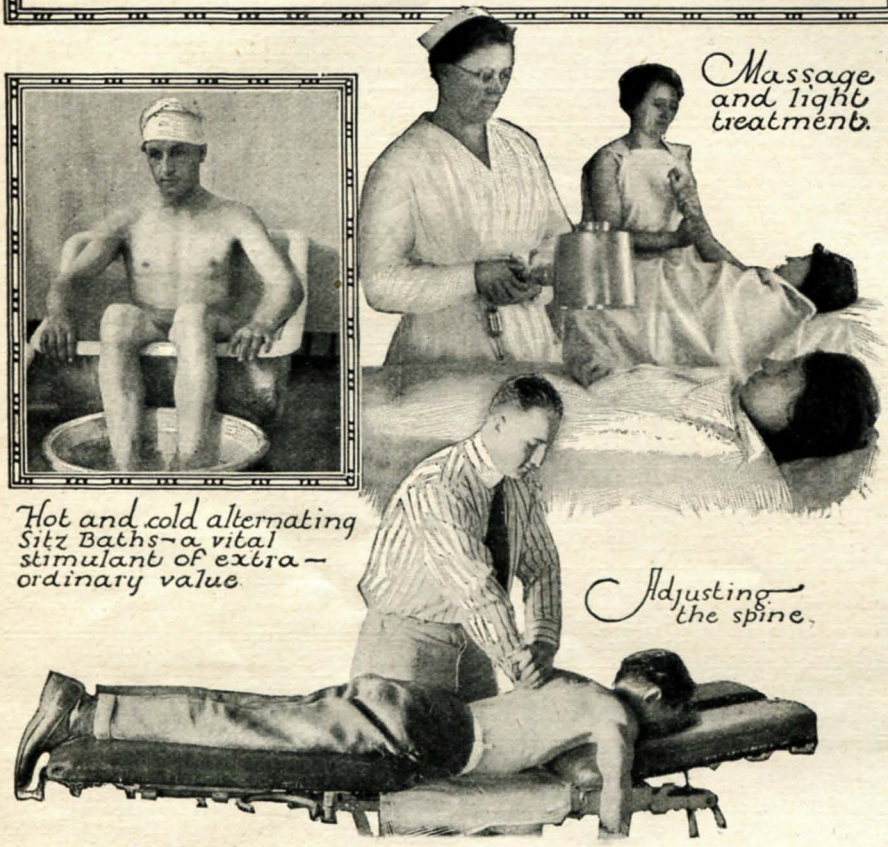
Automobile Owners, Garagemen, Mechanics, repairmen, send for free copy of our current issue. It contains helpful, instructive information on overhauling, ignition troubles, wiring, carburetors, storage batteries, etc. Over 120 pages, illustrated. Send for free copy today. Automobile Digest 504 Butler Bldg., Cincinnati.

(*Continued on page* 119)

PHYSICAL CULTURE SANITARIUM

MACFADDEN METHODS



If you are suffering from any non-contagious ailment, send for our literature and catalog. We are quite sure you will be interested. We may be able to end your search for health.

INTERNATIONAL HEALTH RESORT, Battle Creek, Mich.

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Nulife makes you stand, sit, and walk erect, at all times. Straightens and squares your shoulders, instantly. Increases your height, compels you to breathe properly, expands your chest, and reduces your abdomen to right proportions, strengthens your back and supports the spine, it fills out the hollows around the neck, and gives the person who wears it a commanding military appearance. Nulife is worn by men, women and children. The regular price is $5, but for a limited time, I will send a genuine Nulife to the readers of the Physical Culture Magazine for $3, postpaid. Send your height and correct chest measurement. State whether male or female.

Prof. A. Barker, D.C. Studio 333, 865 6th Ave., N.Y. City

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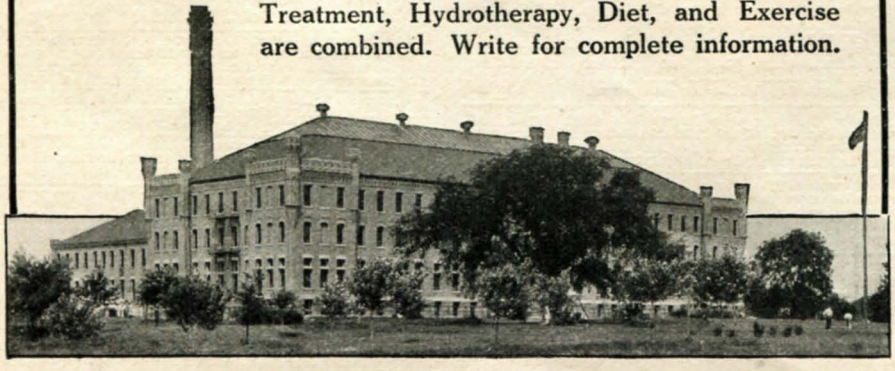
An institution dedicated to the treatment and cure of mental and nervous diseases. The only one of its kind where Osteopathic Treatment, Hydrotherapy, Diet, and Exercise are combined. Write for complete information.



(*Continued from page* 115)

They Need Old-Fashioned Thrift

TO THE EDITOR:

In reply to the Would-Be Mother Who Cannot Afford to Marry:

I feel that the young woman's scheme is too visionary. Many people have started without one dollar in cash but with plenty of ambition, courage and determination, practicing economy and self-denial, and today are numbered with the wealthy. When old age comes they can sit down by the fireside in comfortable homes and their incomes are more than adequate. I feel that the person who earns and has not the ability to save for the proverbial rainy day is very little better off than the one who has not the ambition to earn, for if misfortune comes they both depend upon charity.

One thing that should be a problem for eugenics to solve is how to increase the healthy, ambitious, thrifty people, and how to decrease the charity charges, or paupers. These traits are hereditary, I believe. There are many people with strong, healthy bodies who never earn more than scanty living wages and when wages cease they depend upon charity to keep them. There are other people who always manage to save something out of every month's earnings, and it is very nice indeed to feel that if for any reason you are disabled, the money will keep on coming. The young woman and her people had better start a little saving account.

K. E.

What Would You Do with a Nagging Wife?

TO THE EDITOR:

Please tell me what to do in the case of a nagging wife, how to cure her if possible, or at least how to protect myself and the children.

Don't misunderstand me; I am devoted to my wife and would do anything for her—when she doesn't nag. I am sure neither of us wants a separation, even aside from our love for our two children.

We have been married five years and, while not well-to-do financially, are able to keep poverty at a respectful distance. We live in a modern suburban bungalow, with plenty of fresh air, sunlight, exercise and good food. (I mean "good" from a physical culture viewpoint.)

We agree on rationalist ideas in religion, our child-training ideas harmonize, we are not annoyed by "in-laws," we have high ethical standards and appear to be well-mated in every essential spiritual and physical respect. Therefore, I cannot explain why my wife nags and goes into a temper over the merest trifles.

I love her, as I said, and I am determinist enough to believe that this "vice" is not her own fault. I have adopted a sympathetic attitude. Instead of retaliating I honestly study her in an effort to get her viewpoint. Only in extreme cases am I goaded into giving an unpleasant reply; usually I try to soothe her and change the subject. In calm moments I reason with friend wife sympathetically, trying to show her that nagging and wild temper are ruining her health, killing my ambition and blasting our happiness.

But all in vain. I have studied myself and I am convinced that the nagging is not because of me, although I am the target for most of it. Wife's temper extends to the little children and even to her aged father—who is a fine-souled type of chivalrous Southern gentleman And I know for a fact that she was the same way, in lesser degree, before marriage.

Please don't tell me it takes two to make a quarrel; it's not so. And don't advise me to get a divorce, because love still lives. And don't advise me to become reconciled to nagging, for it is killing my soul and my ambition. Also, I can't afford to take wife to a specialist. Please tell me what to do.

X. Y. Z.

(Continued from page 117)

Miscellaneous

Books and Periodicals

Any Book You Want At Cut Rate Prices. Don't buy until you see our free bargain list. Send postal for copy. Dept. 23 Midwest Book House, 58 West Washington Street, Chicago, Ill.

Book Free—Send For Free Folder. Tells All about classified ads. Write TO-DAY, Classified Advertising Dept., Physical Culture, 119 West 40th St. New York.

"The Contents Of The New Testament:" Haven McClure (Harvard; Chicago). The New Testament phenomena in the light of modern science. **$1.50.** Macmillan Co., N. Y. C.

Mind Reading And Other Marvelous And Astounding secrets; all for 30c. Catalog free. The Midland Company, D-539 East 149th St., New York.

You May Have Health, Happiness and Prosperity. Send 20c for "The Thought-Way" to-day. It tells the secret. The Thought-Way Builders, Dept. 543 New London, Conn.

Art Photo

Art Photos, Studies Beauty Of The Nature Post cards and large sizes. Great collection. Samples splendid for 50c, $1.00, $3.00, $5.00. Raveleau, Editor, Neuilly-Plaisance (S and O), France.

Personal

Throw Away Face Powder. Use My Astringent. Make and keep a better complexion. Heals red spots, makes skin soft as satin, removes dark neck lines. Six treatments with instructions, fifty cents. Clara D. Fitzgerald, Beauty Department, 8 West Ninth St., Cincinnati, Ohio.

Dog Owners Text Book Free. An Expert Guide for dog owners on proper training, feeding and care of dogs. Sent free with 3 months subscription to Sportsman's Digest. Send 25 cents (coin or stamps) today. Sportsman's Digest, 309 Butler Bldg., Cincinnati, O.

Have Your Character Read From Your Best Clear photo for 50 cents. Will return photo. Shepherd, 119 Prospect Street, Newark, N. J.

To X. Y. Z. Write At Once Very Important With return address from Cpl. J. S.

Exchange, Jolly, Interesting Letters With New friends! Send stamp. Betty Lee, 28 East Bay, Jacksonville, Florida.

Old Money Wanted

$2 To $500 Each Paid For Hundreds Of Old Or odd coins. You may have valuable coins. Send ten cents for Illustrated Coin Value Book, 4 x 6. Get posted. We pay cash. Clarke Coin Company, Ave. 53, Le Roy, N. Y.

Motorcycles, Bicycles, and Supplies

Parts For All Motorcycles Cheap. Schuck Cycle Co., 1922 Westlake, Seattle, Washington.

Musical

"I'll Lose The World If I Lose You." Big Hit song. 25c copy. Original Music Co., 422 East 14th St., N. Y.

Photo Development

Trial Offer—20 Cents For Developing Any Film or six negatives any size including six prints. Other charges proportionate. 24-hour service. Splendid work. $20,000 plant. Roanoke Photo Finishing Co., 243 Bell Ave., Roanoke, Virginia.

For Sale or Exchange

For Sale Or Exchange. If Interested In Classified advertising we will send your brand new folder in exchange for your name and address. Write Classified Advertising Dept., Physical Culture, 119 West 40th St., New York.

Wanted To Hear From Owner Having Farm For sale. State cash price and full particulars. John J. Black, 40th St., Chippewa Falls, Wis.

Miscellaneous

Just What You Have Been Looking For. Free folder. Tells all about classified advertising. Write Classified Advertising Dept., Physical Culture, 119 West 40th St., New York.

Home Knit SocksRe footed. Send Before July 10. May L. Church, 63 Pringle St., Kingston, Pa.

Questions from Health Seekers

Disparity in Size of Hips

J. I. W.—You are probably needlessly concerned over the fact that your right hip is larger than your left, for a disparity between the size of the hips is so common as to be regarded as almost normal. Nevertheless, plenty of exercise for the development of the body will tend to correct any such lack of symmetry. If the disparity is due to spinal curvature, then it will be necessary to practice diligently and persistently such exercises as will correct this curvature, as for instance sleeping on the side of the body opposite to that of the curvature, and the practice of stretching and bending exercises of a corrective nature. If you have the habit of standing on the right leg, then reverse the habit, so to speak, shifting your weight more often to the left leg.

Reducing Hips and Legs

B. M.—Any active exercise on your feet would serve for reducing your hips, thighs and legs. Walking is not sufficiently vigorous. If you do not have enough opportunity for running, skating, jumping and outdoor sports, then specialize in fancy dancing. The more acrobatic and strenuous this dancing, the more effective you will find it to be.

Excessive Protein

R. W. E.—As to whether four eggs per day plus five glasses of milk constitutes an excessive protein ration, depends somewhat upon your size, weight and activity. A lumberman in the North woods would easily get away with it and more. In a sedentary job, however, it is possible that this might constitute an excess of protein. Certainly it would be for many people.

Inflammation of the Bladder

L. M. B.—If the trouble of which you complain is complicated with stones in the bladder the situation may be one requiring expert medical attention with treatment based on the needs of the case. Ordinarily in inflammation of the bladder, relief may be found through a fast, combined with free drinking of distilled water, the latter for the purpose of diluting all secretions and lessening any irritation. Likewise this might help in dissolving any deposits or stones in the bladder. By way of immediate local relief, hot sitz baths are particularly to be recommended. Following a fast, a light diet for a period would be recommended.

Prominent Adam's Apple

C. B. W.—There is nothing abnormal about a prominent Adam's apple, and therefore probably nothing to correct. It is simply the projection of the larynx or the upper end of the wind pipe and usually goes with a deep bass voice. You can make your neck more sightly, however, by exercises for developing and rounding out the neck, thereby making the Adam's apple less conspicuous.

Eczema

D. W.—You need not be discouraged if medical treatment had not been effective in your case of eczema, because it has so often proven to be a particularly stubborn disease. Nevertheless, with natural treatment it has often yielded. There are two outstanding factors in natural treatment that are of great importance, namely, sunshine and a low-protein diet. Sun baths are effective in practically all forms of skin disease, particularly psoriasis, usually regarded as incurable, and eczema. Simply make a specialty of real sun

(Continued on page 121)

Let me PROVE I can help you

Have a perfect figure with supreme bust development. Be radiantly healthy. Overcome nervousness, headaches, indigestion and acquire a good complexion. Possess a pleasing personality.

You *can* become the woman you have always wanted to be. Thousands of other women have attained perfect figures and perfect health thru faithfully following the individual instructions I have given them. *They* have developed firm rounded busts and overcome nervousness, constipation, headaches and many other female ailments. *They* have beautiful complexions and pleasing personalities. *You* can secure just as good results—**I guarantee that.**

Personal Attention

When you enroll for a course of Roehmism you actually purchase a portion of my time. The knowledge I have gained thru years of study and experience as a graduate nurse, on the stage and as a woman's specialist, is placed at your disposal.

In laying out your instructions I analyze your case carefully. I know what condition you are now in, what ailments you wish to overcome and what results you must attain to be physically perfect. Your instructions are based on this knowledge.

You cannot get lasting and beneficial results thru dieting alone. Neither will ordinary exercising help you. You need instructions laid out for you personally. As my pupil you get special instructions that enable you to secure wonderful results easily and in a remarkably short time without weakening your body by starving or going to great inconvenience.

The exercises in Roehmism may be taken to music without buying special records.

An Unusual Offer

I know absolutely that thru faithfully following my instructions you will attain a perfect figure and radiant health, that you will be vitally alive and personally magnetic, that you will overcome the many ailments common to our sex and will get quicker and better results thru Roehmism than in any other way.

Prove this for yourself. Fill out the coupon and send it to me together with $3.00 in money order, check, or cash. I will send you your first set of instructions laid out for you as an individual.

Practice them faithfully. If you are not absolutely sure that Roehmism can do for you what it has done for others, if you are not more than satisfied with the instructions in every way, return them within 5 days and your money will be immediately refunded. Should you decide to keep them you have the privilege of enrolling for my entire course, including special instructions in Personality Building for an amazingly low price.

VERA ROEHM

Dept. A, Lexington Building, Baltimore, Md.

VERA ROEHM,
Dept. A. Lexington Bldg., Baltimore, Md.

Enclosed find $3.00. Send me special instructions based on information below. It is understood that these instructions may be returned within 5 days if I am not completely satisfied and you will immediately refund my money.

Age.....Height.....Weight.....
Married..... Children?.....
Condition of general health.....
Nerves..... Bust.....
I suffer from .....
Indigestion.....Constipation .....
Billiousness.....Headaches .....
Special results desired.....
.....
.....

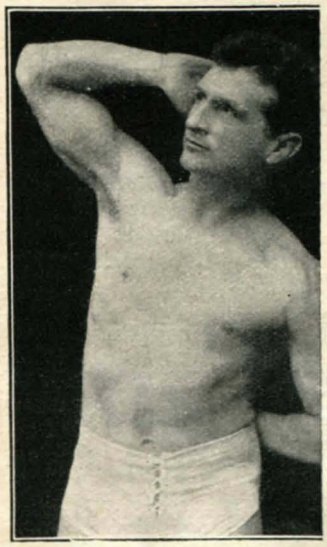
Name.....

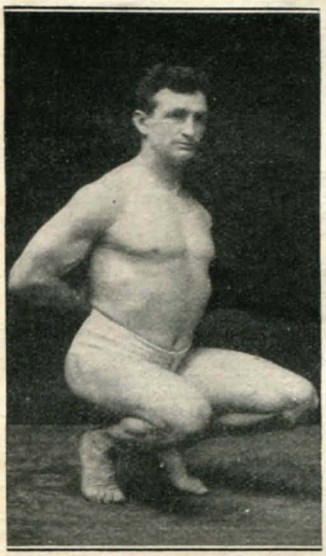
Street.....

City.....State.....PC

"VITALITY SUPREME"

For MEN





VITALITY IS YOUR BIRTHRIGHT. You have a right—it is your duty—to be strong. It is your business to be vigorous, magnetic, energetic, alive to the superlative degree.

You don't know what life means if you are not so charged with vitality that you are filled with enthusiasm, ambition, animation; unless you can laugh, sing and shout from the sheer joy of living; unless you can do double the average person's work each day and still feel fresh and vigorous. If your standard of life and health is not on this level there is something wrong. There is something coming to you that you have missed, namely, your natural heritage of irrepressible vitality.

You Can't Buy Vitality

You can buy electricity, gasoline, coal and power in other forms, but not human energy.

But you can get it just the same—an abundance of it.

It's Free if you know how to go after it. If you want more "pep," more ginger, more snap, more steam, you'll have to build it. No one else can give it to you. It must be generated in your own person. It is really very simple. Bernarr Macfadden tells you how in this wonderful book.

Some of the Chapter Titles

Vitality—What Is it?
Functional Activity—The Secret of Power
The Proper Bodily Posture
Stimulating the Source of Stamina and Vitality
Straightening and Strengthening the Spine
Cleansing and Stimulating the Alimentary Canal
Exercise for Vitality Building
How to Breathe
Outdoor Life
Strengthening the Stomach
Preserving the Teeth
How to Eat
What to Eat
Foods in the Cure for Constipation
Pressure Movements for Building Inner Strength.
Blood Purification
Hints on Bathing
Some Facts about Clothing
Suggestions about Sleep
Mind—The Master-Force for Health or Disease

The cuts bordering this page were selected from among the dozens of illustrations of health exercises for men and women appearing in Vitality Supreme.

The above partial list of chapter titles will give you some idea of the tremendous scope and real personal value of Vitality Supreme, but in order to really know what this book can do for you, you must see it.

Send No Money

All that is necessary is to sign the coupon and mail it to us. A copy will be forwarded to your address, postal charges prepaid, and your name entered for a one year's subscription to PHYSICAL CULTURE Magazine. Upon receipt of the book you pay the postman $4.00 in full settlement for both items with the understanding that if within five days after receipt, you decide not to keep it, you may return it to us for immediate refund.

Vitality Supreme Alone Is Priced at $2.00

Physical Culture Corporation

119 West 40th Street Dept. 5 New York City

This book may be purchased at any of the stores mentioned on page 94.

BE SURE AND READ PAGE 12.

PHYSICAL CULTURE CORPORATION,
Dept. 5, 119 West 40th Street, New York City.

Please mail me a copy of Vitality Supreme and enter my name for a one year's subscription to PHYSICAL CULTURE Magazine. I will pay the postman $4.00 upon receipt. It is understood that in the event I do not wish to keep it, I may return it within five days after receipt and my money will be refunded immediately. (In case you want the book alone cross out reference to subscription and pay the postman $2.00.)

Name.....

Address.....

For WOMEN

(*Continued from page* 119)

baths, exposing the entire nude body to the sun for periods of a half hour or longer each day, being careful, however, of sunburn. In reference to diet it has often been found that meat-eating aggravates eczema, and freedom from meat favors its disappearance. Outdoor life, exercise, plentiful sleep and generally favorable dietetic changes are of value.

Developing the Lower Legs

M. B.—If you have found that ordinary heel-raising and dipping exercises have not developed your calves and lower legs generally, then what you need for effective exercises would be something in the nature of greater resistance. If you would support a bar-bell of fifty or a hundred pounds or any other weight while rising on the toes, or, if necessary, rising on the toes of one foot at a time, thereby working these muscles harder, you will unquestionably secure the development that you desire.

Knock Knees

M. M. B.—While it is true that women generally are inclined toward knock knees, so-called, it does not necessarily follow that this is any defect except when it occurs in an unusual or extreme degree. It is more or less a natural feminine characteristic, and is due to anatomical reasons, particularly the greater breadth of the hips, which is a feminine "secondary sex characteristic." The masculine pelvis is by nature narrower, and the straight-limbed condition is therefore a natural male character. Simply secure the best possible development and forget any seeming peculiarities of this kind. Most people take too seriously the little seeming flaws in their make-up, instead of making the best of what nature has given them.

Neuritis

A. G. M.—By way of immediate or local treatment, one might suggest that bodily warmth is very important in a case of neuritis, chilling of the body having a detrimental effect. Primarily, however, your trouble is due to more of less malnutrition and possibly acidosis. The best diet for building up starved nerves is the exclusive milk diet, but in any case, you should adopt a well-balanced diet containing plenty of base-forming foods, notably fruits, green salads, fresh vegetables, milk, nuts, and whole wheat cereals, including whole wheat bread. A general physical culture regime, outdoor life and exercise consistent with your strength, along with frequent warm baths, may be recommended.

Rounding Out the Bones

C. H. P.—It is perfectly natural that you should be "bony" at the shoulders, elbows, knees and hips, since that is a part of your normal make-up. Your problem is to add flesh to the rest of the body so that these bony points will be less in evidence. In other words, your problem is chiefly that of ordinary physical training and all-around building up. What is needed in most cases is not so much an increase of fat, as of normal muscular development. It is true that one may take so much endurance exercise that he will keep himself thin. What you need, therefore, is not prolonged or fast work, but rather a small amount of muscle-building or development work of sufficient vigor or of enough resistance to build muscular power and therefore larger muscles. For men, a little bar-bell work accomplishes this purpose most quickly and effectively; for women probably work on gymnastic apparatus, such as parallel bars, vaulting horse, horizontal bars, flying rings, and work of that type would answer. If you are still thin and lacking in fatty tissue, it would be better to adopt a practice of sleeping more, rather than of trying to eat more. More sleep will help you to build up and round out.

Yankee VIOLET RAYS

The value of Yankee Violet Rays as a curative agent is without equal—they are the greatest force for health and beauty that science has yet produced; today they are almost as essential to your health and well being as sunshine and fresh air. The stimulating effect of these rays is powerful enough to reach and benefit every part of the body yet so absolutely harmless that babies are treated with it with wonderful results without the slightest shock or pain.

Our Perfect Home Outfit for Bodily Ailments
NOW HALF PRICE

This perfect Home Outfit until now sold regularly for $25. It is a self-contained one-piece machine, simple in construction, easy to operate, nothing to get out of order, and absolutely guaranteed for one year. Works equally well on alternating or direct current; will last a lifetime with ordinary use. It includes the Yankee Home Outfit generator, a general applicator, 6 feet of cord, with attachment plug and chart all contained in an elegant imitation leather carrying case.

Formerly ~~$25~~
Now Reduced to
$12.50

Is Your Body Sick or Worn Out?

Is your body sick or worn out by excessive strain? Do you know the use of a Yankee will accomplish more beneficial results than a cabinet full of medicine or a violent course of exercise? Do you also know that in order to destroy or eradicate any disease it is merely necessary to build up the tissue resistance with a Yankee Violet Ray applicator and nature will do the rest?

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Fill in the coupon at the foot of this page and mail it to-day. The entire amount involved is only $12.50 and even that does not have to be paid until actual delivery of the outfit has been made. Send no money with your order.

Remember, if for any reason you feel that you do not wish to keep it you may return it within 5 days after receipt for a refund of your money. We take all the risk.

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Neuralgia
Grippe
Influenza
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These ailments and hosts of others respond like magic to the disease destroying influence of this wonderful appliance

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A nail — infection — worry and anxiety — loss of time and money.

And to prevent it all, it is unnecessary to keep an army of salves, ointments, lotions and cures.

Know how Absorbine, Jr. acts quickly in all such emergencies.

It is an antiseptic and germicide — an application of only a few drops suffices to cleanse the open skin; kills germs and prevents infection.

It is a liniment — tired, aching muscles get instant, soothing relief; lameness and soreness are dissipated.

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And, withal, it is perfectly safe; of a clean, pleasant odor and cannot stain. It is the children's *magic bottle!*

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The value of owning a Bar Bell depends upon knowing how to use it. Bar Bell exercise can be either helpful or hurtful. Prof. Anthony Barker's **Complete Course in Heavy Dumbbell Exercises** shows the way to get the best results without danger of strain or injury. Gives instructions for complete development of entire body. Contains 40 different exercises, illustrated.

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Fine prizes; a business of your own that can be developed at will; clean work; good hours. Boys wanted in every city and town. Complete outfit free. Write for details and start that extra spending money towards your jeans now.

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Play quaint dreamy Hawaiian music or latest songs on the Ukulele and you will be wanted everywhere. We teach by mail 20 simple lessons; give you free with every course a genuine Hawaiian Ukulele, music, everything—no extras. Ask us to send the story of Hawaiian music. You will love it. No obligation, absolutely free.

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What Physical Culture Has Done for Me

Because "National Physical Culture Week" is essentially a time for each one of us to take stock of his bodily resources, and to consider measures of self-improvement, special emphasis and importance is naturally attached to the letters published here, giving personal experiences in "Living the Physical Culture Life." If clean rational living has accomplished wonderful things for others, it may work out the same way for the rest of us.

A Vaccination-Fighting Irishman

To the Editor:

In the January issue a writer signing himself "E. M. W.," Louisville, Ky., speaks of an "Irishman at Olean, N. Y.," who told the doctors he would kill them if they tried to vaccinate his children.

I am that "Irishman," although I claim to be just an American. I hate vaccination with all the power in me to hate anything. Your correspondent was just a little bit wrong. I told members of the Board of Education that if they succeeded in vaccinating my children at the school, as threatened, I would never speak a solitary word to the doctor that did it, that I would wait till I got close enough to make my shot sure, and I would kill him.

The mayor at that time was one of the leading lawyers of the county. The president of the Board told him what I had said and the mayor laughed. He told them my claim that when they forcibly performed an operation on a healthy person, they committed an assault on the person which created a right to resist, was right; that I knew what I was talking about, and that if he were in their place he would not attempt any such thing.

I was the first man in my town to volunteer for service in the World War, doing so on March 22, 1917, for any service, any place the President wished to send me. The answer from the White House is dated March 27, 1917. I have it. The health officer whom I had fought on vaccination said, "Charley, if you go over seas they will vaccinate you," and I said, "Well, by gad, I will stand for that, if they will let me go," and the health officer, a pretty good fellow, too, said, "I guess you are in earnest, all right." He knew my hate. As a result of Bernarr Macfadden's teaching I *know* I could have floundered in Flanders mud and stood the rigors with any man who had the good luck to get over there and see the fire works.

I do not send the accompanying photographs because of their extreme beauty, but in order to convince doubters, if any there be, that the ideas and teachings of Bernarr Macfadden are "all to the good." The pictures were taken on my sixty-fourth birthday.

In 1898 several doctors and my friends predicted I would die in the spring of that year from "quick consumption," my trouble beginning with a cold which developed into a cough that six doctors, all kinds of dope and many quarts of cod liver oil did not stop or even relieve. I finally threw away all the bottles and told my wife that if I was going to die I would die without the taste of cod liver oil in my mouth. At that time I weighed 138 pounds, whereas I had weighed 165 pounds from the age of sixteen up to the time I "caught the cold."

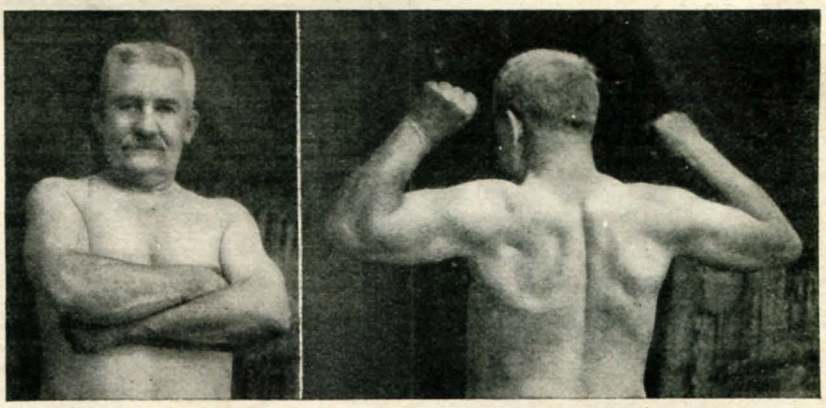
Being a printer, a class prone to tuberculosis, and a great reader, I got hold of an article by Mr. Macfadden on "deep breathing." It was so reasonable and had so strong an appeal to common sense that I began to practice its doctrines, and have ever since been an exponent of physical culture.

The picture shows I am in pretty good condition at sixty-four, an age when many men "quit." I tell them I am just getting started. I weigh 190 pounds, have a good chest expansion and have let drugs as well as booze alone for the past fourteen years. Am doing a big day's work every day and will not let any man of any age go "past" me either in a printing office, or any other kind of work. I can handle carpenter's tools or keep a shovel or spade as busy as any other man, keeping in practice in a big garden. And I often tell my friends that if some fellow felt that I needed a "trimming" he should have done it thirty-five or forty years ago, for he would have had an easier job. I am not looking for a scrap though.

Knowing now the value of Mr. Macfadden's doctrine of "deep breathing," it seems strange to me that it is not taught in the schools, and more especially at the sanatariums conducted, it is said, for the cure of tuberculosis. Several patients from different institutions of that character have told me that they get no instructions about it.

Chas. H. Rafferty.

Olean, N. Y.



Charles H. Rafferty of Olean, New York, was the first man in his town to volunteer for service in the World War, at the age of sixty. You will like the spirit of his letter published here.

Ginger Drop Cakes of Whole Wheat

To the Editor:

This is an excellent recipe for ginger drops of whole wheat.

One cup sugar, one scant cup molasses, three-fourths cup butter, three-fourths cup hot water, one heaping teaspoon soda, one egg, one-quarter teaspoonful ginger, one teaspoon cinnamon, four cups sifted whole wheat flour. Drip by spoonfuls on buttered tins.

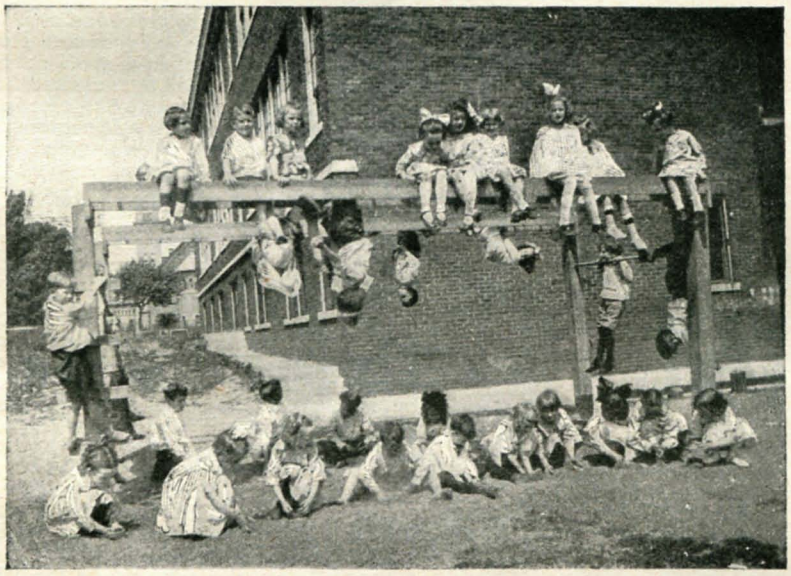
The children are very fond of these tender, delicious cakes.

Charlotte Aiken.

Nature Cure for Appendicitis

To the Editor:

In 1915 I was taken with bad pains which the doctor diagnosed as appendicitis. To give him what credit is due him, I will say that he did not want to operate on me. He said to me, "You have appendicitis. I do not want to stick a knife in you, but if this doesn't move it, I shall have to." The "this" referred to was a tumbler full of castor oil. I drank that and went home. That was on a Friday. On Sunday, as the pains were no better, I thought I would take some more opening medicine as it appeared to me that that was all the doctor was doing. Wherefore I took a large dose of Epsom Salts. The pains still continued, and on Monday I went to the doctor again.



Miss Emma Lasch, of Springfield, Ill., is an enthusiastic school teacher genuinely interested in the lives and happiness of her charges. Do you blame her? Just look at this group of her second grade children, out for a twenty minute play period. You don't often find so much adorableness all in one bunch.

He questioned me as to what I had done between my last visit and this one. I told him, and received the admonition "When you come to see Dr. F—— (himself), I don't want you to go to Dr. A—— (myself) for advice. If the pain is still there in the morning I shall have to operate. Drink this (another tumbler full of castor oil) and I'll be around this evening to see you."

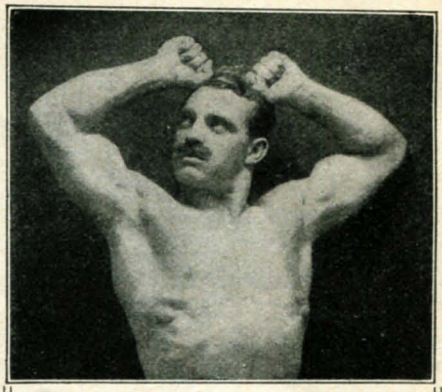
On my way home I began to think about it. I reasoned things out in this way. The appendix is only short, and when it is inflamed it cannot fall over to one side when the position of the body is reversed. If I could get someone to rub me towards the inlet or outlet of the appendix, I might be able to get rid of the cause of the irritation. At any rate, I resolved to try it. Anything was better than the knife, and the more I thought about it the better my chances looked of avoiding it.

When I got home I got a board and placed one end of it on the table and the other end on the floor I lay on that with my head down and got my wife to rub me with a hard stroking motion, over the appendix, from the groin towards my head. At first she was a bit nervous about it, and was inclined to quit whenever I made a face, as it hurt dreadfully, but I told her not to mind whether it hurt me or not, but to go right on. Well, to cut a long story short, I stuck it out for about twenty minutes, with two or three short rests in between. I then decided to wait about an hour before I was rubbed again. After about half an hour I began to notice that the pain seemed a bit easier and when the doctor called that evening he was surprised when I told him that the pain was gone. He had been expecting to have to operate in the morning, and in fact they were all ready for me at the hospital. I did not tell him what I had done, but as he was leaving I said, jokingly, "When you get appendicitis, doctor, come and see Dr. A——," and he went away smiling.

Some three months later I had another attack. Before starting my own treatment again I thought I would make sure about it first, so I went to the doctor again. This time it was another doctor who was taking charge of things while the other physician was away. He examined me and told me I had appendicitis and as I had had it such a short time previous it was best for me to undergo an operation and have my appendix removed. Otherwise I would find that I would be a continual sufferer from it until it was removed. He did his best to persuade me to have this operation, but I told him I would see how I felt in the morning. I drank the castor oil he gave me and when I got home I promptly started in with "Dr. A——s" previous remedy, with the result that I was at work the next day instead of being on the operating table, and have never been troubled with it since.

I have told lots of others about it, and lots of them have tried it, all with satisfactory results and it is at the request of one man, who tried it on his little boy of five, that I am writing this for Physical Culture. I entirely disagree with the medical profession that the appendix is useless. I have spoken to several who have had operations for appendicitis, and all of them suffer from constipation and are obliged to take opening medicine to move their bowels. I am of the opinion that the appendix is an oil sac and that as we exercise a little is forced out and so lubricates the intestines and causes a natural movement of the bowels. I cannot bring myself to think that the great designer of our bodies made something that was useless.

Ernest Wm. Archer.
Victoria, B. C.



Startling Discovery by Arthur L. Hyson

For the past few years Mr. Arthur L. Hyson has been advertising a course of physical training in these columns which has met with unusual success. Mr. Hyson is a thorough student of human anatomy and is probably better versed on this subject than most others.

Mr. Hyson is one of those men, however, who believe there is no such thing as absolute perfection; we must always look ahead for improvement. He has been secretly working out an entirely new method of physical training and testing it out both on himself and others. The results have been astounding. He claims that nothing of its kind has ever been known or tried by the physical culture world and he honestly believes that it will revolutionize this profession.

You will do well to clip the coupon below and hear what Mr. Hyson has to say. He merely charges ten cents to cover cost of wrapping and mailing and this does not obligate you in any way. Be abreast of the times. Don't bother with old-fashioned ideas that are fast becoming obsolete. Acquaint yourself with this modern way, which has now been tried and proven.

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Dept. 41 Langdon Bldg. New York, N. Y.

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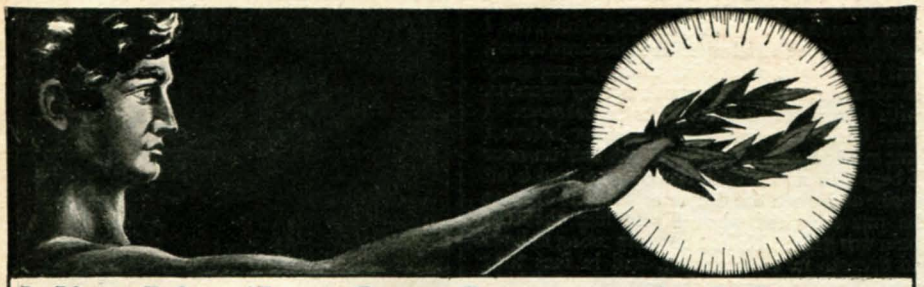

Mind is the fundamental force that rules all human affairs

MIND, the subtle force that has shaped the destinies of nations and individuals throughout the ages, is the driving power that has made possible all human accomplishments. The great scientists, statesmen, musicians, writers, and inventors could not have won success without this inner power, and great commercial giants with their tremendous mental and physical powers could have accomplished little without the controlled mentality that is theirs.

Franklin *thought* that the power and speed of lightning could be chained and made to do man's bidding; Marconi *thought* that messages could be sent through the ether; Edison *thought* that the human voice could be recorded on a wax cylinder. All the wonders of our present civilization are visible evidence of the power that exists in properly directed and controlled mental activity.

Every normal human being possesses within himself limitless possibilities for accomplishment. Every individual has this potential power locked up in the inner recesses of his mentality, waiting only its development through the application of newly discovered psychological laws. A life of real achievement, the attainment of physical health mental power, financial success and happiness is within the reach of any man or woman who will use these proved laws for developing mental power, which are now known to psychologists as the science of psycho-analysis.

Not dry-as-dust, difficult, or technical as is frequently supposed, the laws are simple, easily understood and absorbingly interesting, and are now available for self-application by the average man and woman in their daily efforts to develop the latent powers of the mind.

Psycho-analysis enables you to look into the innermost recesses of your mentality, to dig down into the depths of your subconscious mind and discover all the mental, temperamental and emotional handicaps that hinder your progress. Defects of personality are quickly remedied, habits that hold you back are overcome with ease, and power for success is developed to a degree undreamed of by those unacquainted with psycho-analysis.

Psycho-analysis clears away the mental weeds that clutter up thought processes, giving complete mental freedom and releasing all the subtle, powerful mind forces for use in your daily efforts for advancement.

Success is assured to every man and woman who maintains conscious control of these forces, and psycho-analysis offers the only practical method for attaining this self-mastery. It gives clear, definite instructions for overcoming all hindrances to the complete development of your personality, corrects physical ills, dispels mental errors, and establishes perfect balance, harmony, peace and contentment in the lives of those who apply these newly discovered psychological principles.

The full story of the wonders of psycho-analysis and its use by the average man and woman is given in the new 4500-word booklet, "Mental Power—Its Practical Development." This booklet will amaze and thrill you with the boundless field that it opens up for self-development, and it tells how you may acquire the knowledge necessary for the application of psycho-analytic principles in your life work. Sent free to any reader of "Physical Culture," this booklet will prove the turning point for success in the career of every man and woman who reads and heeds its message.

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The Climbing Rope

To the Editor:

I can think of no piece of gymnastic apparatus that affords more fun or better exercise than the climbing-rope; but to acquire the necessary strength to do the exercises with ease and grace, a boy must be patient, and must practice constantly.

My experience has taught me to bear these facts in mind: (1) The rope should be large enough to permit a good grasp. (2) It should reach nearly to the ground or floor. Twenty-five feet is a good length. (3) It must be strong, and firmly attached to the limb of a tree, or, indoors, to a beam. Watch closely for signs of wear at the point of attachment. (4) Your hands should be perfectly dry. If necessary, use magnesia or a little rosin on them. (5) Never slide down quickly. It will burn your hands.

After the simpler and more fundamental exercises have been mastered—such as jumping for height, jumping for distance, catching the swinging rope, swinging with a half-turn and with a full turn—you are ready to undertake the more difficult exercises and tricks.

1. Climbing, using arms and legs. Grasp the rope as high as you can reach. Place one leg so that the outside of the foot and the inside of the knee will press against the rope. Pull up and cross the other leg over in front, so that the rope is firmly held between the feet and the legs. Relax the legs slightly, raise the knees, and take a fresh leg-hold. Raise the body by pulling up with the arms and straightening the legs. Continue to ascend by alternately raising the knees, taking a fresh leg-hold, straightening the legs, and pulling up and taking a higher hold with the arms. The leg-hold is fundamental in all rope exercises, and you must practise it faithfully until you have acquired a strong hold.

2. Climbing, using arms only. The start can be made from a standing position, although in contests of speed, the contestants start from a sitting position. Begin by taking a small reach, one hand over the other with bent arms. As your strength increases, you can lengthen your reach. Alternately raising the legs will help somewhat in lifting the body. Not only the arms, but the muscles of the whole body are brought into play in this method of climbing. As a preliminary exercise use both legs and arms in ascending, and arms alone in descending.

3. Looping the rope. This is one of the more difficult tricks, but it is a good one to know; not many boys can do it. You can master it only by persistent practise after sufficient strength has come to you. Climb until you are at least eight feet above the ground, hang by both arms, and place the outside of your right foot against the rope. With the other foot lift or pull up the loose rope. Quickly reach down with your left hand and grasp the rope below. Hold the two parts of the loop together, and you can sit or stand at ease. Your hand-clasp must be strong, to enable you to do it. If the loop is made high up, you can take enough slack to wind round the body, and thus make a doubly secure seat.

4. Descending with arm free or carrying an object. Suppose that your life depended upon descending a rope, and that at the same time one of your arms was injured and useless, or you must carry a child or some other precious object. How would you descend? Begin to practise in this way: Climb half-way up the rope, hold tightly with your legs and one arm, and have some one else throw you an object of small weight that you can catch with your free arm. Relax your leg-hold slightly, and lower yourself slowly with your arm until it is straight. Tighten your leg-hold, and take a fresh hand-clasp lower down. Repeat the process as you descend slowly. You must make the change to the lower grasp very quickly each time.

Edwin Tarrisse,
Washington, D. C.

About Bread Made of Soy Beans

To the Editor:

About two years ago my outlook on life was black.

When my boy returned from college and put a copy of Physical Culture in my hand, the wonderful cures made through its teachings opened up a new world to me. I learned for the first time the value of an intelligent use of air, sunshine, water, exercise and foods—on the latter I lay chief stress. It seems to me almost all the ills of humanity can be traced to an unbalanced diet.

Training my children along these lines has required patience of course, but it has not been difficult.

I read most carefully those wonderful articles by Drs. Galatian, Alsaker and McCann and told my children of experiments that had been made and of concrete cases illustrating the evils of an unbalanced diet, until the principles got into their very souls. They have learned now without my dictation, to select apples and potatoes cooked in their skins, a green vegetable, breads made from the whole grains, and to limit their use of carbohydrates. They could not be induced to indulge in a quantity of candy or rich desserts of various kinds. When they learned that milk contains vitamines which their systems need and which they can get nowhere else, they gave up coffee and have taken so eagerly to milk that it's hard to keep them supplied. They have learned to select a food, not because it appeals to their appetites, but because it contains vitamines that they can get nowhere else. When my little boy passes a grocery store, instead of bringing home candy, he will select spinach or some kind of greens and comes in with a cheery, "We need mineral salts, mother, here's something for you to cook." This same boy spent his last dollar in buying an exerciser which meant so much more to him than a fancy toy or light book.

Fasting has become the cure-all in my family. Colds or any other kind of disease are very rare with us, but if the children take cold a two days' fast eliminates the cold from the system. They take great pride in their fasts —"If Mr. Bernarr Macfadden fasts so many days can I not fast too?"

If I had known years ago what knowledge I have gained from Physical Culture I would have been saved several years of pain and weakness. I have something that I want to give to humanity and I know of no better medium than through your valued periodical.

I am greatly limited in my use of starchy foods and am forced to eat soy bean bread. I found the canned soy bean flour at 50 cents per can palatable, but the price exorbitant. I had tried using the soy bean flour ground at our mill but it had a very disagreeable greenish taste that was most distasteful to me. One day on receiving a bag of soy beans from the Agricultural Station, I found they had sent them in a bag which had been used for guano and I therefore washed and dried them in a stove before sending them to the mill. My delight was supreme when I found that bread made from the beans that had been washed and half-baked had lost its greenish disagreeable taste and was as palatable as that made from the flour specially prepared at 50 cents per pound. I make the soy bean bread using eggs, milk, butter or lard and adding about one-third the quantity of wheat bran from which the flour has been thoroughly sifted.

Elizabeth Steele.

Moorefield, W. Va.

Have you tried Automobile Camping, the idea of a touring —camping trip? Read the story about it in PHYSICAL CULTURE next month.

WHAT ARE THE NECESSARY QUALIFICATIONS OF A REAL MAN?

People realize today that to be a real man requires more than just physical strength A keen mind, ability to think quickly, self-confidence and courage, poise and alertness are necessary in addition to well-developed and trained muscles. There is a way open to every man and youth whereby he can become a real upstanding man as described above.

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That sounds like a pretty broad statement, doesn't it? But it's a fact. There is a system by which you can develop and school your muscles and, at the same time, cultivate poise, alertness, quick thinking and self confidence right in your own home. Thousands have already done it. It is a system that develops your entire body from tip to toe. Not one of the old, worn-out plans that centered the development on arms, shoulders and chest and made a man muscle bound and showed him up, physically and mentally. This new scientific method is the famous.

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is one of the most scientific boxers that ever lived.

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Mike Gibbons is the master of them all.

—Ed Smith in Chicago *American*.

The successful boxer will be built along the lines used by Gibbons.

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I'll say he can teach it as well as he does it.

—Johnny Kilbane.

Please do not confuse my course with other books or lessons in boxing. It is entirely different. Through its study you develop your mind as well as the body. The lessons show clearly and graphically how to perform every movement.

With a half hour's practice daily you will be surprised at your ability and condition within a few weeks. In it you get all the knowledge of boxing and physical training that I gained during my career as a professional boxer and as chief boxing instructor in the U. S. Army. It contains ten graphic lessons in boxing with over a hundred carefully posed photos of Tom Gibbons and myself.

Secret Tricks

It teaches you all my secret tricks, how to overcome fear and timidity, how to make your punches effective. The proper time and place to deliver jabs, hooks, uppercuts, etc. How to successfully defend yourself and handle bigger men. How to be aggressive without fighting blindly or wildly. In fact everything from "How to Make A Fist" to "Ring Generalship."

Special Exercises

Also special exercises to develop all muscles, strengthen weak parts, straighten shoulders and back, raise the chest and correct general defects in physique. What to eat, how to eat, how to reduce or increase weight, how to overcome common ailments through natural methods.

I already have thousands of students in all parts of the world. Many of them have written me telling of the wonderful benefits derived from this course.

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I have sold thousands of these same courses at $15.00. NOW I OFFER YOU A SPECIAL REDUCTION. I am willing to send you the entire course for $5.35. I know I'll make thousands of new friends by doing this. AND REMEMBER YOU ARE DEALING WITH ME PERSONALLY—IF YOU are not entirely SATISFIED—MONEY BACK without a sign of an argument. Make money order payable to

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Name. .....

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More Miles Means Many More Years

(*Continued from page* 31)

may have been closed for the day, or you may be back in New York before your goods reach their destination.

But this is not the only trouble that besets the hiker. Suppose he studies the government maps, folds them up nicely for immediate consultation where there is one house, or where there are two or even three houses to ascertain if the map is correct—which it generally is, and to ascertain if he is still on the right track, and maps out a trip with wonderful prospects, telling his wife and his friends when and where he will call for mail.

Let the two or three friends start on schedule time and allow them to enjoy the first day's walk to the fullest extent. Perhaps it is very hot during the day, but this must not interfere with the program. Plenty of water can be had wherever there is a house, the canteen or thermos bottle can be refilled, and without coaxing you are willing to drink the precious liquid by the gallon, because you need it after losing a great portion of your vitality by excessive perspiration, and the first rough experience calculated for the following day is looked forward to with eagerness.

The next morning it may be raining hard, and the program must be changed. You may be fortunate enough to come across one of the members of the State Conservation Commission who know every square inch of the territory, and who are the only persons from whom absolutely reliable information can be obtained. You may be told that you are likely not to find a drop of water in the springs that particular summer. This would not frighten the inexperienced, but it makes a terrible impression on the minds of those who have found out what it means to be without plenty of water on a hot day.

One or two days without water involves too much of a risk, and when you get home you will have to confess that you made an entirely different trip than you had planned, so any arrangements for baggage or mail fell flat.

Once in a long time there may be a chance to join campers who spend several days and nights in a cave on a mountain top. The experience is certainly very interesting. Cutting trees with your hatchets and splitting wood for an all night's fire, building a natural oven for cooking and keeping the sparks out of harm's way, carrying water from the nearest spring for boiling, but not for washing, because it is likely to be very scarce, all this is great fun. But, there is something uncanny about the whole affair.

You lie down on a spruce bed, cover yourself up with a blanket, if possible with two, as it is very cold up there in midsummer. We registered 36° during

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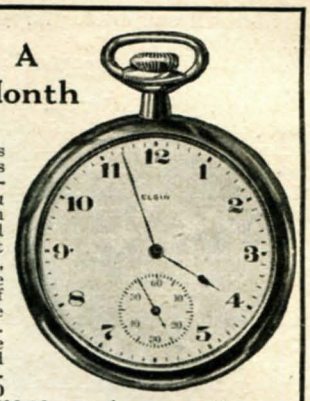

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the night. Then one member is detailed to keep the fire going for two or three hours, until he is relieved by another member of the party. Well then, just as soon as you have fallen asleep you are aroused by the whisper: "They are coming." "Who's coming?" It's a very disagreeable inhabitant of the mountains, the big porcupine which makes its appearance soon after sunset and tries to get hold of the provisions which you need so badly yourself. The beasts must be chased away or killed. Then there are all sorts of insects, even a mouse is likely to slip over your face. Taking it altogether, you cannot ward off a certain feeling of uneasiness in the expectation of something worse, until at length the first rays of the sun warm up the country and gild the whole panorama in the most beautiful fashion.

This state of unpreparedness lends great charm to this kind of hiking, but it takes a person that is up to all the requirements of rough exercise.

A little patience and ingenuity may be instrumental in leading the hiker to an inn where, in spite of general refinement, the rough looking guest is not despised. There fishermen and hunters spend their vacations, and as they are ardent worshippers of nature, they heartily welcome the new arrivals.

Gossip is a great promoter of good feeling towards the hiker after he has accomplished something worth listening to. Especially the fair sex feels very much attracted towards extraordinary performances, and rousing cheers for the party returning from a trying trip are frequently to be enjoyed. People cannot help admiring men who spend a common sense vacation, and as soon as they find out that there is a gentleman hidden behind a grimy face and under dust-covered garments, they begin to feel like sharing both the hardships and the pleasures of the rare visitors.

I have seen men telegraph to New York for old clothes and worn shoes in order to join the hiking squad at the earliest possible moment. I have received the profuse thanks of middle aged men who had been converted to walking, and the assurance that their first twenty-mile hike had been the acme of happiness, in spite of blisters and excruciating pains.

Women, especially those of slender build, are capable of great endurance, and those who possess this quality add much to the enjoyment of the day's outing.

The most astonishing revelation to the hardened hiker is the number of ailments which are hiding in the bodies of stately looking middle aged men. Neglect of exercise has wrought trouble where they least expected it. Men robust in appearance complain of weak organs that cause them great concern. If an attempt is made to get them out of their homes in the city for a good stroll, they will ridicule your suggestion. But in the country, where they see the results right on the spot, they are easily converted. I

Perfect Figures for Women. While this 7 Lesson Course was primarily intended for men, a great many women are using it with *wonderful success*, especially for **reducing** or **increasing weight.**

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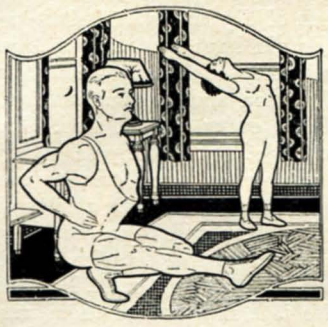

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All exercises are laid out so they may be taken to music if you desire—but no *special* records are necessary. The ones you have will do as well as any.

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Arthur Keener, Pittsburgh, Pa.

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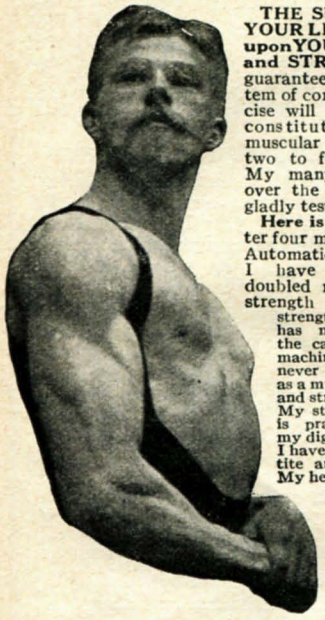

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Mr. C. A. Blood of Lamony, Iowa, recently said: "When I sent the order for the Automatic Exerciser I weighed 148 pounds. After I had used it one month I weighed 162 pounds."

"I can see more improvement in one month with the **Automatic Exerciser than in six months in the gymnasium,"** says Mr. W. A. Stephenson of Hattiesburg, Mississippi. "My digestion is better, I have gained weight, sleep better and feel better in every way. My ankle, leg, hip and back muscles are coming along fine."

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writes William Donohue, Chief Special Mechanic, U. S. Navy. "That machine is a wonder. When I started I could just get the 300 pounds test off the floor; now I can really show you 1,200 pounds."

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Like the heart, which has a rest between each beat, so in my system there is a resting pause between each contraction of the muscles. This enables you to develop a superior physique without undergoing the strenuous and exhaustive training which the ordinary gymnasium methods require.

The patented mechanism of the Automatic Exerciser induces complete relaxation in the nerves and muscles and develops great strength and flexibility in the joints. It will permanently cure any case of "muscle bound" condition in a short time.

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Prof. ADRIAN P. SCHMIDT
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remember a gentleman who, after reaching the summit of a 4000 foot mountain, requested his companions to give him a testimonial of physical fitness in order to convince a certain life insurance company that he had been wronged in being rejected as a bad risk.

Many well fed rich men to whom we talked while stopping for a short rest on the grounds of big hotels envied us our trip, and would have paid any amount of money if they could have joined us. Acute indigestion and rheumatism form the refrain of every tale of woe. But these men ought not to despair. They ought to muster up some courage and train themselves until they are able to do like others. There will be a day when they can discard pills and tonics, and if they are made of the right stuff, I should not wonder if I met one of them next year in such a condition as to address me with the tramp's question: "Traveling, Brother?"

Publisher's Statement

Statement of the Ownership, Management, Circulation, etc., required by the Act of Congress of August 24, 1921, of PHYSICAL CULTURE, published monthly at New York, N. Y., for April 1, 1922, State of New York, county of New York.

Before me, a notary public in and for the State and county aforesaid, personally appeared O. J. Elder, who, having been duly sworn according to law, deposes and says that he is the Business Manager of PHYSICAL CULTURE, and that the following is, to the best of his knowledge and belief, a true statement of the ownership, management (and if a daily paper, the circulation), etc., of the aforesaid publication, for the date shown in the above caption required by the Act of August 24, 1912, embodied in section 443, Postal Laws and Regulations, printed on the reverse of this form, to wit:

1. That the names and addresses of the publisher, editor, managing editor, and business managers are: Publisher, Physical Culture Corporation, 119 West 40th Street, New York, N. Y. Editor, Carl Easton Williams, Park View Heights, Tuckahoe, N. Y. Managing editor, Charles Mendel, 895 Kelly Street, Bronx, N. Y. Business manager, O. J. Elder, 95 Harrison Street, East Orange, N. J.

2. That the owners are: (Give names and addresses of individual owners, or, if a corporation, give its name and the names and addresses of stockholders owning or holding 1 per cent. or more of the total amount of stock.) Physical Culture Corporation, 119 West 40th Street, New York, N. Y. Bernarr Macfadden, 527 Riverside Drive, New York, N. Y., O. J. Elder, 95 Harrison Street, East Orange, N. J.

3. That the known bondholders, mortgagees, and other security holders owning or holding 1 per cent. or more of total amount of bonds, mortgages, or other securities are: (If there are none, so state.) None.

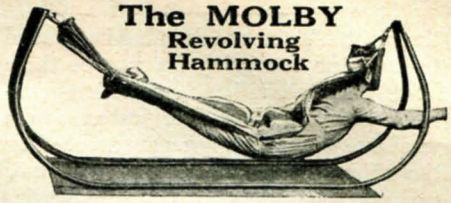
4. That the two paragraphs next above, giving the names of the owners, stockholders, and security holders, if any, contain not only the list of stockholders and security holders as they appear upon the books of the company but also, in cases where the stockholders or security holders appears upon the books of the company as trustees or in any other fiduciary relation, the name of the person or corporation for whom such trustee is acting, is given; also that the said two paragraphs contain statements embracing affiant's full knowledge and belief as to the circumstances and conditions under which stockholders and security holders who do not appear upon the books of the company as trustees, hold stock and securities in a capacity other than that of a bona fide owner; and this affiant has no reason to believe that any other person, association, or corporation has any interest direct or indirect in the said stock, bonds, or other securities than as so stated by him.

O. J. ELDER.

Sworn to and subscribed before me this 17th day of March, 1922.

(Seal) ABRAHAM BROADWIN.

(My commission expires March 30, 1923)



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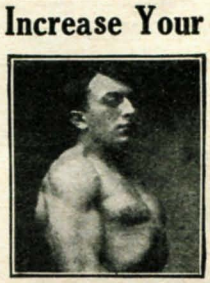

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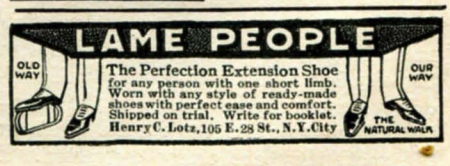

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A Human Magnet

By Mary Argyle

WHEN I was a young girl Helen Hopkins was my neighbor and special chum. She resembled one of those frail, delicate flowers, that withers at a touch. In fact, her family never expected her to grow to womanhood. She could not enter into the frolics and fun of the young people of her own age, but sat on the steps of her porch, on a summer evening, watching, with longing eyes, her chums play tennis or some such strenuous game. She possessed no personality and absolutely no magnetism. The best one could say of her was that she was a nice little thing.

Finally, while she was still very young, she met a man years her senior, and married, much against the wishes of her parents, who realized that she was physically unfit for the care of a family. However, in the course of time, and a very short time, two babies came along. For months after each birth she was either in a sanitarium or travelling all over the country in search of health. I think she never saw the last baby until it was seventeen months old. Relatives took entire charge of them. Finally the husband decided to move to Colorado, thinking the high altitude would permanently benefit his wife. So, while the children were still babies, I lost track of her.

About that time I also moved west, to the shores of the blue Pacific. Years passed. One day my bell rang and when I opened the door, there stood one of the most beautiful women in form, bearing and expression, I had ever seen. There was a subtle magnetism radiating from her which I felt, without knowing its cause. She smiled and held out her hands and, though I did not recognize her, there was something familiar about the smile. "Don't you know me, Mary?" she asked in a low, musical voice. "No," I answered, shaking my head, "I can't place you." "Don't you remember your old school chum, Helen Hopkins?" "Helen Hopkins!" I gasped. "Surely you are not my frail, little Helen?" "The same," she laughed, "but not the same." Well after I had recovered from my astonishment, and we were asking and answering questions before a cosy log fire, she told me the history of the past ten years.

After exhausting doctors, travel and sanitariums in a vain search for health, she was persuaded by a friend to try physical culture. She had no faith in it, but it would at least do no harm, so she took it up, but with no enthusiasm, feeling that her case was hopeless. However, in a few months she noticed a little improvement and hope began to revive. She practiced her exercises with more regularity, with the result that soon her friends noticed the change. Then she decided to go into it with her whole soul

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Men and women who have felt the most excruciating pain with each step; marvel at the sudden change that enables them to walk almost entirely without effort. Men who have been unable to enjoy outdoor exercise and were rapidly failing in health, find their renewed vigor and return to health almost miraculous.

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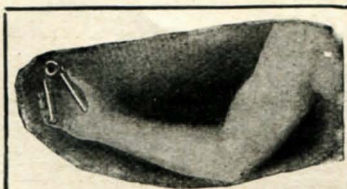

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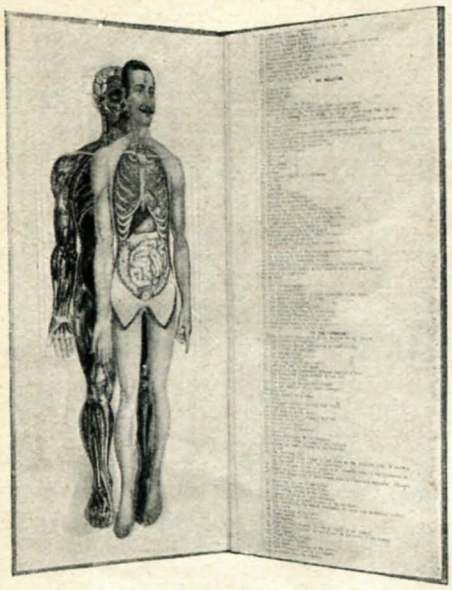

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and body. But, to make a long story short, in two years she had developed into a strong, robust woman.

Soon after this change in health, her husband, who had always dabbled in the stock market, made an unlucky investment, and lost his business and home. This so preyed upon his mind, that he committed suicide. So Helen was thrown on the world without a dollar, and two half grown children to raise and educate. She had no relatives who were in a position to help her. She had received no special training in any line. She did not play well enough to teach music. She could neither sew nor cook, and knew absolutely nothing about business. What could she do? One day a friend suggested that she teach physical culture, for she herself was its best advertisement. She had not thought of that, but grasped the idea at once. Why not give others the benefit of her knowledge and experience?

She wished to start in a new city where she was not known, but that was impossible. She hadn't the money for transportation and living expenses until she could establish herself, so she finally formed a class in physical culture in her own home town. She went around among her large circle of friends, for her social qualities and magnetic personality had attracted to her the best people, and explained to them her scheme. Soon she had all the pupils she could attend to. But the far West lured her. She thought there were greater possibilities in a new country, which would not be overstocked with the numerous cultures.

In about two years, she had saved enough to transport her little family to California, and in one of its principle cities she opened a School of Physical Culture. She soon drew around her such a clientele that extra teachers, whom she had trained, were employed. She was what you would call a "human magnet." She seemed to draw people, as steel attracts the needle. Wherever she went she radiated health and cheer, and she has been the means of starting hundreds of other women on the road to health and happiness.

I had always supposed that personal magnetism, which so few possess, was a quality of the soul, which could not be acquired unless one was born with it, but here was Helen. She certainly possessed the same soul, but what a change of personality! One day I asked her the secret of this change. "My dear, there is no secret," she confided. "If one is willing to work, one can build up a personality. It is largely a matter of health, and I owe it all to physical culture. For success in life," she continued, "health beats brains any time. But I do not believe that one can have good health without good brains. They act and react upon each other. When I entered the business world I realized my lack of education, so took special courses at night in elocution and subjects which would

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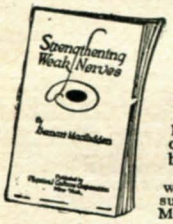

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help me in my work. You cannot imagine my astonishment, Mary, when I discovered that I could develop my brain as well as my body. In my school days books were a perfect horror to me, now they are a delight. You remember that I was always at the foot of my class while you, robust and strong, stood at the head. How I did envy you," she mused. "Then you remember, Mary, how irritable and peevish I used to be. Well, when one enjoys perfect health, it is the easiest thing in the world to be agreeable, and I believe that any one can make himself what he wishes, mentally and physically, but he must begin on the body. At least that is my experience," she finished.

And now comes the end of the story. She educated her daughter in a private school, and she is now married to a wealthy business man of Chicago, while her son was put through college and later to law school. And, though work is now not a necessity, she is still the guiding genius of a flourishing Physical Culture School.

A Teacher's Experience

To the Editor:

While attending college last summer, I caught a severe cold. I had such a dreadful cough that everyone on the campus thought that I was developing tuberculosis.

After I recovered I attended a banquet, ate food that was indigestible and became very sick again. I was sent to the hospital. There the doctor gave me calomel for the liver, and advised me to take a dose every month. When I recovered, I returned to my home, very weak and with my heart palpitating at the least exertion.

I lost the prescription which the doctor gave me and forthwith decided to quit taking medicine. I began to practice deep breathing and setting up exercises, and also made a change in my diet.

For breakfast I ate oatmeal with a handful of bran mixed in, with sugar and milk. For lunch I ate date and raisin sandwiches, celery, an apple, fig cookies, and cocoa. During the day I drank from eight to ten glasses of water. Before breakfast I drank a cup of hot water. Sometimes I put a teaspoonful of salt in it. This cleaned the stomach just as well as any physic, and left no bad after effects. Every time I was thirsty I drank a whole cupful of water.

For supper I ate vegetables and drank Postum instead of coffee. In three months I gained twelve pounds and had so much energy that it was noticed by a neighbor who said that I had more "pep" than anybody she knew.

The deep breathing and exercises had helped me so much that I determined to try them on my pupils twice a day, at 11:30 for five minutes and again at 3:30 for five minutes. Windows and door are thrown open and we get fresh air, cheer, exercise and recreation. The pupils return to their work with smiling faces and renewed energy.

Physical training will soon be on the curriculum of both city and rural schools. It is a responsibility which teachers cannot conscientiously shirk. A teacher does not require a great deal of training for this important work. From magazines and books he can select corrective exercises and his vim and enthusiasm will take the place of dumb-bells, wands, etc.

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I could tell you all about my own experience; how, as a girl, I was puny and underdeveloped; how, by devoting myself to a study of my body, I gradually perfected my figure, health and appearance to such an extent that **I became known the world over, as the PERFECT WOMAN**—Think of it.

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Looking Death in the Face

By Will Williams

I HAVE now reached twenty-six. I may live to be fifty. I may die tomorrow—or within three or four years. Such is the nature of the disease which has attacked me, I have been told.

It came down on me—or, at least, I was for the first time aware of it—in 1915. I experienced strange sinking sensations in the thorax. Later palpitations. I waited a week, hoping the thing was only temporary and would leave. Two weeks. Then I went to the doctor, presumably because of catarrh, but through a series of casual remarks obtained a heart examination.

While adjusting the stethoscope he delicately told me that a patient whom he had treated ten months for a heart affection had died that day. When, listening, he mumbled that he seemed to sense some sort of lesion, I gave myself a year to live.

In the all pervading gloom, my first thought was, not to prepare myself for the end by being good, but to raise the devil. I'd let loose and have a "big" time. If I was going to die soon, I needn't care about the harm it would do my body.

But I didn't. I went about things pretty much as usual, except that I was more steeped than ever in dark thoughts. I dwelt a lot on my disease, and the effect wasn't gratifying. It struck me I was growing steadily worse.

I changed physicians. The result was the same. By now, a year had passed and I was, on one hand, agreeably surprised to find myself still alive, and, on the other, disturbed by the thought that my impending end was so much nearer. I changed again. Something exceedingly strange happened.

At the conclusion of his initial examination the new doctor said this: "There is nothing fundamentally wrong with your heart. Your nerves are playing a tune on it. I shall therefore treat your heart condition indirectly through your nerves."

I don't know whether he realized it or not, but by saying this he changed my mental attitude in a twinkling.

I became jubilant. There was nothing wrong with my heart. I was still physically sound, though I had got myself run down a bit. From that moment the disease did not exist in me. I grew rapidly better. My heart beat tamed down to something near normal. Dancing, which formerly played me out in short order, did not phase me. I was stronger and knew it. I considered my health regained.

Three months later my doctor confessed his first diagnosis had been hasty. I had a leaking heart.

I didn't backslide right away. The impetus of my former joy prevented this;

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but in time my heavy heart beat returned and morose again became my lot.

Other troubles ambled along at this time—troubles hardly calculated to improve either one's nerves or one's heart. I went through with them and was still alive and on my feet. I wondered.

Soon the local draft board called me for examination. I welcomed it, in a fashion, because I longed to be told again there was nothing wrong with my heart. And it *almost* happened. Almost! Not quite. Four doctors hung over me thirty minutes and disagreed. Finally they decided neither to accept nor reject me. My case was left to the medical advisory board, which in due time, after another examination, certified me as unfit for military service. This reflection on the much considered and discussed organ of my circulatory system was a blow to my morale—a stronger blow, if possible, than the ill advised remark of my first pessimistic M. D. The fact that several hundred thousand other youths had been physically disqualified for similar reasons was little solace to me. It struck me that facing enemy bullets was only another, more concentrated form of the same thing I was facing.

For three years I had thought pretty continuously, though haphazardly, about death. I decided now to consolidate my findings.

To begin with, why was I gloomy? There were more people dead than alive; and every one walking around on his legs that moment would one day be stiff and inert. We were, all of us, after all, in the same box, so to speak. It was just a matter of one going to it a little sooner than the other.

That made me think and marvel at the ignorance of people—people who, upon the death of a friend, shake their heads and say: "Poor fellow, he's dead," as though dying was something they were exempt from. It strikes me that all the living entertain this attitude; that the end is a sort of sad accident, and that they, being able to move their bodies about a circumscribed area, are somehow superior to the chap who's gone. And, usually, even this is a mere impression, quickly thrust aside, for folks are not given to dwelling at length upon subjects which on the surface appear unpleasant.

Concretely, now—I asked myself—was death unpleasant? Millions, billions, hundreds of billions of conscious human beings had gone to it before me. It was not a new thing. And I sat and thought and tried to find something in death that might be unpleasant—and I couldn't.

If it was a matter of leaving behind friends and relatives who would remain forever on their feet in their present form, I might feel, going into the Unknown, that I was being discriminated against; but that was impossible. A few more seasons and they would follow.

As for the consciousness of physical pain, obviously that didn't exist in death. That was entirely a product of life. Death,

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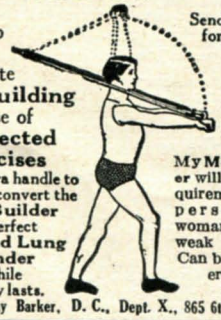

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as a matter of fact, was a release from it.

Fear of the unknown? Was I afraid to open a book for fear of learning something? Rather take a run and a jump into it. . . . Nature does things *naturally*, and even death is not unnatural.

Fragments of my past studies in chemistry and mechanics returned to me. I thought of the law of the indestructibility of matter; of the law that energy, no matter how spent, is not lost but transmuted. I applied these laws to myself.

Death then was not the end. The energy that flows through me now will flow on forever—somewhere, somehow.

Death in the sense of annihilation does not exist. The things we are made of, the things that motivate us cannot be destroyed.

We're due for a change, that's all.

It is a progressive transition none of us can, or would want to, escape.

And here's the funny part of it: As soon as I banished my fear, gloom, and aversion to death I began to feel better. And if fifty thousand doctors should come now and tell me there was nothing wrong with my heart, they couldn't improve my mental attitude even a little bit.

Whenever the transition comes, I'm interested enough in it to be ready for it. And if any one shivers about death in your presence, hand them Omar:

"Think then you are today
What yesterday you were;
Tomorrow you shall not be less."

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By Arthur A. Christy

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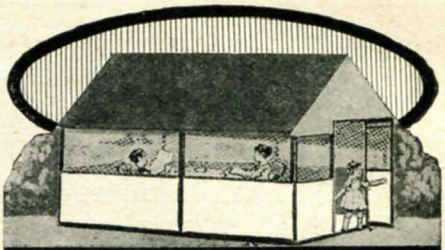
"Dealing with filariasis first, it is interesting to note what this particular fever is. The terms by which I intend to describe it are, of necessity, popular ones as I cannot lay claim to professional knowledge of the subject. But I believe I am scientifically correct in stating that what we call filaria is set up by the bite of a mosquito



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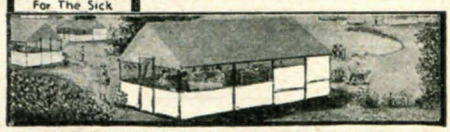

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which simultaneously introduces into the human system a parasite called 'filaria sanguinis hominis nocturna.' The nature of our surroundings in this colony and our semi—or partly nocturnal habits render each one of us liable to filaria infection, and I make so bold as to state that I believe that the majority of us have the filarial germ latent in our systems, as is most certainly established in the case of malaria.

"Speaking from personal experience, I remember only too well how for two or three years subsequent to a severe attack of typo-malaria fever contracted in British North Borneo, I suffered ill-health as the result of the latent disease which developed patent manifestations on my return to England, compelling me to go about in mid-summer on a broiling hot day enveloped in a thick great-coat and shivering like an aspen leaf, to the evident astonishment of the natives who, no doubt, regarded me as an escaped inmate of Colney Hatch! Better known cases of latency in malaria are of daily occurrence in this colony. A comparatively healthy person contracts a chill and is laid up with 'fever.' The fever in this instance is of course malaria in 99 cases out of 100. It had been lying latent in the system until developed by a chill or, as in my own case, by a change of climate. Why this is so I leave to those who are better qualified to express an opinion. But judging from empirical knowledge of these phenomena I should say that the attacks of fever are in all such cases induced by temporary weakness of the system brought about by the lowering of the vitality by chill and consequent inability to suppress the continual tendency of the malarial parasites to 'swarm' in the blood.

"Realising the latency of these dread fevers it is especially interesting to note what can be accomplished in the case of filariasis in its most pitiable and unsightly manifestation known as elephantiasis by means of physical culture.

"Elephantiasis, as is generally known, is caused by obstructions in the local lymphatic vessels by the filarial parasite whereby the nutrition of the adjacent tissues is altered or impaired. In healthy Europeans, i. e., those whose nutrition is good and regular as the result of clean living, filariasis is not usually seen to advance beyond the inflammatory stage, and in a great many it does not show any clinical manifestations whatever except when the system is undermined or temporarily run down. But in Europeans or Asiatics or Africans whose nutrition or metabolism or both are defective, the local inflammation gives rise to increasing swelling of the skin with characteristic accumulation of serum in the subcutaneous tissues, which exudes from the cracked skin. From this stage it is but a short step to the hideous morbid growth.

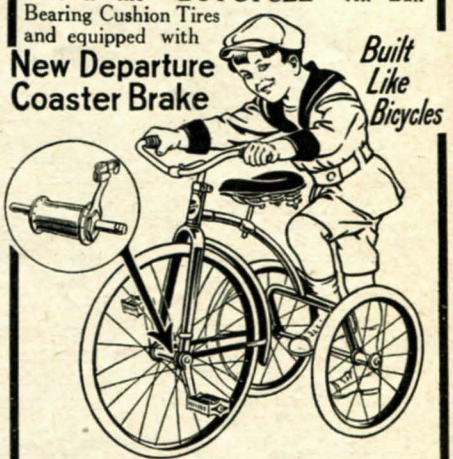
"Now exercise of the body has, amongst others, the following paramount effects upon the system:—

For a Stronger Nation Give Your Children Healthy Exercise

Columbia TRADE MARK *Standard of the World*
CYCLES

Are Correctly Built to Give Moderate Exercise, Comfortable and Safe Riding and Constant Enjoyment to the Boy and Girl.

Here is the **"BOYCYCLE"** All Ball-Bearing Cushion Tires and equipped with **New Departure Coaster Brake** *Built Like Bicycles*



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How To *Live and Eat* For Health

A book graphically and clearly telling definite facts. It associates and correlates the importance of food, exercise, thinking and doing.

How to use these simple rules of health and positively correct Acidosis and Toxicosis with their resultant ills—catarrh, asthma, neurasthema, rheumatism, or some more serious organic disease—is clearly told.

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In the past only those taking the regular $50 Health School course, have been able to secure this invaluable information. Always seeking, however, to give the greatest good to the greatest number, P. L. Clark, M. D., B.Sc., Director of The HEALTH School has carefully re-edited this book and authorized its sale at the price of only $3, postpaid.

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BERNARR MACFADDEN at fifty-three. Note the splendid condition of his hair

Why Lose Your Hair?

Or why permit it to turn Gray when it can be avoided?

These chapter titles will give you an idea of the tremendous scope and value of this remarkable book.

Hair as an Attribute to Beauty
Facts Everyone Should Know About the Hair
Care of Healthy Hair
How to Care for Baby's Scalp
Facts About Soaps and Shampoos
The Cause of Hair Troubles
Dandruff
Parasitic Diseases of the Scalp
Falling Hair
Baldness
Gray Hair
Superfluous Hair Tonics
Eyebrows and Eye-lashes
Hair Dressing

A SHORT time ago Bernarr Macfadden, world renowned Physical Culturist, realizing how very little really authoritative information had been published upon the proper care of the hair and scalp wrote a treatise upon that subject entitled "Hair Culture" which he published in book form.

While he knew the care of the hair and scalp had been neglected except by patent medicine companies, he did not begin to realize what a tremendous demand existed for a comprehensive work on the subject by a great specialist such as he is.

The first edition sold with astonishing rapidity and was exhausted in a fraction of the time anticipated.

The New Hair Culture is now ready for delivery. It is a bigger, better, more complete book than was the original which revolutionized old methods of treating the hair and established its author as the world's greatest authority upon the subject.

Luxuriant hair is Nature's Gift to Humanity which millions throw away because they do not know the simple, natural laws upon the observance of which a luxuriant growth depends. Unless you are completely bald, Bernarr Macfadden's wonderful treatise will be of priceless value to you. If your hair is still thick and glossy—keep it so. There is no necessity for it getting thin or turning prematurely gray; a reasonable amount of proper care will keep it strong and healthy throughout life. And if it is already falling out or turning gray the same care will do much toward restoring it. Mr. Macfadden tells the simple natural and effective methods for treating the hair and scalp. Of equal benefit to men and women.

Be sure and read carefully the list of chapter headings at the left of this page. It will give you some idea of the remarkable scope and exceptional value of the most complete book on the care of the hair that has ever been written.

If you have the slightest concern regarding the condition of your hair, whether present or future, you will not be without this book once you have an opportunity to become personally acquainted with it.

On page 94 of this magazine is a list of Department Stores and book shops that carry full stocks of Physical Culture Health Books. If you live within calling distance of one of them we cordially suggest that you stop in and ask to be shown a copy.

For those who are unable to reach one of our local representatives we shall be glad to forward a copy of "The New Hair Culture," for five days trial. A coupon is provided for your convenience. Sign it with your name and address and mail to us to-day. It is not necessary to send any money with order. When the postman delivers your copy pay him two dollars, it being fully understood, however, that you have five days after receipt in which to examine it and if within that time you decide for any reason you do not wish to keep it you are fully privileged to return it to us for immediate refund of your money.

If you purchase "The New Hair Culture" in conjunction with a one year's subscription to PHYSICAL CULTURE Magazine we will supply the two items for only $4.00.

Be Sure and Read Page 12

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119 West 40th Street
New York City

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Dept. 5, 119 West 40th St., N. Y. City

Please send me a copy of "The New Hair Culture" heavily bound in cloth, postage charges prepaid and enter my name for a one year's subscription to PHYSICAL CULTURE Magazine. I will pay the postman $4.00 upon receipt. (*In case you want the book alone cross out the above reference to a subscription and pay the postman only $2.00 upon receipt of the book.*) It is fully understood that if for any reason I do not wish to retain the book I may return it within 5 days after receipt for an immediate refund of my money.

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"a. It facilitates the circulation of the blood.

"b. It procures indirectly the more rapid removal of waste products.

"c. It restores the balance of nutrition.

"I, therefore, hazard the conjecture that physical culture has the following specific effects upon filariasis in the system:—

"A. It stimulates the circulation of the blood and lymph generally and relieves the local inflammation, thus preventing further obstructions in the lymphatics by encouraging their functional activity.

"B. It removes the waste products of the blood and thus enables the phagocytes to deal more freely with the consumption of the diseased tissues.

"C. It denudes the seat of the disease of abnormal nutrition by increased general demand for it by the healthy tissues of the body thus starving the morbid growth, and eventually destroying the affected tissues altogether.

"So much for the possible effects of physical culture upon filariasis.

"As a preventative and curative of malaria there is little to add to the foregoing arguments. Like filariasis, malaria is set up by parasites introduced into the blood by at least one species of mosquito —the anopheles. Whilst malaria amaciates and sometimes kills the body, it does not attack the lymphatics but affects the internal organs very adversely. Malarial dyspepsia was my particular legacy—to quote a concrete example—and it was this particular symptom I directed my best energies to combat, for upon malnutrition of the system as the result of a weak digestion largely depended the prolongation of the disease. It is the same argument as the one adopted in the case of filariasis. Malaria being a form of toxemia, the obvious remedy is to rid the blood of the poisonous intruders. This can be done by improving the quality of the blood by increased circulation directly induced by physical culture. Prevention is better than cure and comparative immunity to disease is better than either. The latter is claimed by those who keep their bodies fit owing to the greater powers of resistance by means of the phagocytes. I say comparative immunity, for total immunity is conditional upon all ordinary and some special precautions. The precautions against malaria are, or ought to be so well known to every sensible adult in this colony as to need no superfluous definition by me, and if only they could be carried out faithfully by every member of the community malaria and filaria would become unknown scourges in our midst. Realising that there is no hope for the community from the latter Utopian condition of the public health I venture to think that the individual could steer clear of much misery and sickness from the two preponderating diseases of this colony, insidious and formidable as they are, by a daily regime of physical culture."

Fighting Mad

(*Continued from page* 49)

"Why, she goes with the very best people out here."

"I don't care whom she goes with, as long as she doesn't go with you. She's an evil-minded gossip-monger, a spreader of nasty tales about others—and that Mrs. Whitney is a bird of the same feather."

By this time Eleanor was on her feet. Her face turned deathly white and her eyes sparkled dangerously. I saw that one of her hysterical outbursts of temper was coming on.

"Oh, I hate you when you talk like that!" she gasped. "Do I say anything about *your* friends—your low friends in the gutter?"

"Yes, I understand that you do—behind my back. You also talk about me. You tell people that you can't stand me any more; that I'm leading a double life."

Her eyes narrowed, her lips drew into two straight lines. "Yes," she cried, "I meant it all—every word! You can't look me in the eyes after your low company in the East Side!"

"Where I first met *you*," I couldn't help saying.

"That's right!" she cried. "Throw it up in my face! Oh, if I only had a brother—a brother who would beat you to death! I could watch him do it and laugh—*laugh*, do you hear, you coward?"

"I believe you could," I said. "But you have no brother—only an old mother whom you think so much of, that you haven't seen her in seven months; an old mother whom I now believe you sent to the country because you were ashamed of her. Was that the reason, Eleanor?"

I was quite prepared for what happened. It had happened so many times before that I still had scars to show my lack of dexterity. She rushed at me with kicking feet and distended nails. Now, as always, a horrible transformation took place. She lost all her beauty. Her eyes became fixed and glassy, foam stood on her lips; she clawed the air frantically.

"I'll kill you!" she cried in a strange, strangling voice. "I'll kill you!"

I seized her by the wrists and pushed her back into her chair. For some time she squirmed about, trying to bite my hands. At last she became motionless; I knew that the paroxysm had passed. A sullen mood now took its place, a mood that would be with her for days. I released her hands. She turned her head away and gazed moodily into the fire.

"Eleanor," I cried—my anger now quite gone—"how could you talk about me like that to outsiders, to people almost strangers to you? How could you do it?"

No answer from the sullen figure in the chair.

"No matter what you did, I would never tell tales out of school. Please

(*Continued on page* 139)

Make Your Face Show Manhood

Every real man wants the clear, rugged, ruddy face of a real he-man; the healthy, clean skin and alert expression that comes from a vigorous life in the open air. All men want it—all women admire it. *You* can *have* it.

"STAG" *A Man's Cream For a Man's Face*

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Men and women all admire the man whose face shows the clean vigor of perfect health. Stag is made for you men who want to be one of those ruddy, forceful, hard-hitting fellows who are always so popular. Send your name, address and a dollar and it will come to you by return mail—fully guaranteed.

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"I Don't Enjoy Society Because This Unsightly Hair Makes Me Look So Ugly"

If you are miserable because your face is made ugly, and unsightly by a growth of superfluous hair don't give up hope and let yourself grow bitter.

There is a method that will permanently relieve your trouble.

It kills the root so that it is impossible for the hair to grow again. No other treatment does this. There are depilatories which temporarily remove superfluous hair from the skin, but it grows again thicker and stronger than ever.

There is only one method which kills the root of the hair, making it impossible for it ever to reappear. It does not injure the skin, and is comparatively inexpensive. You can use it in the privacy of your own home. This is the MAHLER Method. Send three stamps for information sent in plain, sealed envelope. Write today.

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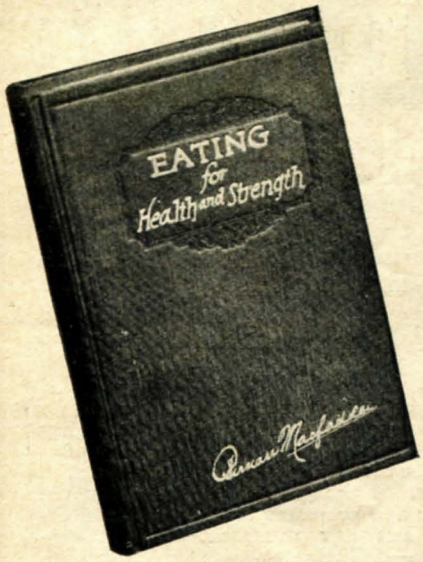
Analyse Your Eating Habits

Are You Killing Yourself or Will You Live to Be 100?



The wonderful chemistry of digestion and assimilation causes the food you eat to become a part of your body and brain within a few hours after eating.

This fact you know and from it you also know that your body and brain can be no better than the food you place in your stomach.

Since you are what your diet makes you and since your diet is what you make it, the more you know about foods, how to combine them intelligently into well balanced meals containing all of the necessary food elements in proper proportion, how much and how often to eat, how to distinguish between what is fit to eat and what should not be eaten and how to avoid harmful combinations of otherwise harmless foods, the more nearly you will be able to control your own destiny.

Practically all disease begins in the stomach. There is no longer any doubt on that score. The food you eat determines the diseases you may contract or whether you may expect to be entirely free of disease of every kind. A properly nourished body is immune from maladies of whatever nature. It will not contract disease nor will it permit any hereditary weakness to develop into active state.

The reason that not one person in a thousand has any exact knowledge regarding the science of diet is that until recently the scientific side of food selection and preparation had never been developed. Physical nourishment was administered largely by rule of thumb, even by the few recognized dieticians. Of late years, however, with the public rapidly awakening to the importance of diet as a health factor, there has developed an insistent demand for authentic information that will not be denied. Many of the greatest scientific minds have devoted much time to the subject and now there is a fund of absolutely trustworthy information.

Bernarr Macfadden, through his position as head of PHYSICAL CULTURE Magazine and leader of the entire Physical Culture Movement is undoubtedly better equipped than anyone else to collect the great mass of data developed by scientists of two continents where it could be added to the findings he himself had made in his exhaustive studies along similar lines. He was the logical man to undertake this monumental work and for many months has been hard at work building from this great supply of wonderful material what is probably the most complete and comprehensive book on diet that has ever been written.

"Eating for Health and Strength"

should be as much a part of the equipment of every modern home as an up-to-date cook book or the kitchen range. As a health insurance policy it is worth its weight in gold. The following list of subjects covered will give you an idea of its tremendous scope:—

Food Science and Personal Efficiency, Food Chemistry, Physiology of Nutrition, New Discoveries of Experimental Biology, What to Eat, Balancing the Diet, How Much to Eat, When and How to Eat, Food Production, Manufacturing and Marketing, Home Preparation of Food, Practical Food Economy and Mental Efficiency, Eating to Gain Weight, Eating to Reduce Weight, Food and the Sexual Life, Feeding the Baby, The Feeding of Children, Eating to Prevent or Cure Disease, The Diet in Old Age.

If you have your own best interest and the interests of those you love at heart, you will wish to examine a copy at first hand. All that is necessary is to sign the coupon provided below and mail to us to-day. Do not send any money with your order but pay the postman $2.00 upon receipt. After that examine the book for 5 days and then if for any reason you do not wish to keep it, send it back. Your money will be refunded promptly.

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DO NOT FAIL TO READ PAGE 12

All That Science Has Learned About

VITAMINES

is fully covered in this incomparable book—the various kinds, how each effects you, how to plan your meals to assure an ample supply of the newly discovered food element without which the body stagnates and vitality dwindles. Chapter four alone is worth to you many times the cost of the entire book.

How Much Poison Do You Eat Each Day?

In the main section of this message we refer to "harmful combinations of otherwise harmless foods."

You have heard all your life of bad combinations of food. When you eat a food combination that is so extremely bad that your stomach positively cannot and will not stand it, you become violently nauseated or contract diarrhea. That kind of bad food combination you recognize because *it cannot be ignored.*

But, do you recognize the dozens and dozens of other food combinations that are far worse for you because while poisonous to the system, are not sufficiently violent to cause ejectment? Those are the foods that kill because instead of being violently cast forth they are absorbed by the system which becomes saturated with insidious poisons that slowly but surely sap away health and vitality.

If you knew the countless thousands of cases of Bright's disease, diabetes, gout, rheumatism, nervous disorders, anemia, blood disorders, general debility that have gradually developed due to innocent but protracted mistakes in diet, you would realize more truly just how vitally important a well balanced, properly chosen diet is to you and yours.

"Eating for Health and Strength"

in its discussion of Food Chemistry, Physiology of Nutrition, and New Discoveries of Experimental Biology teaches you the underlying laws of nutrition that enable you to avoid such harmful food combinations.

(*Continued from page* 137)

promise not to do it again. Will you, Eleanor?"

Still no answer.

"All right," I said bitterly, "have it your own way then." I walked out of the room, leaving her by the fireside.

It was perhaps an hour later when I returned dressed for dinner. I entered the library to find Eleanor gone. Neither was she in the dining-room nor the living-room. "Gone upstairs to sulk," I told myself, and sat down to a lonely dinner.

"Did Mrs. Colgate have her dinner sent up to her room?" I asked the maid.

"No, sir. I thought she was out to dinner, sir."

"Go up and see if she wants anything."

The maid came down a few minutes later with wide open eyes. "She's not there, sir. I looked all over, and called, too. I heard the door slam just before dinner. She *must* have gone out."

I rose from the table calmly for appearance's sake, and began to search the house. Upstairs was the silence of solitude. When I called to her, an echo whispered her name in a melancholy murmur. I looked in all the closets. Here her many dresses hung like ghosts of herself—headless corpses with long flowing robes. They had a reproachful look. "You have driven me to this, "they seemed to say. I closed the last door with a shudder and went downstairs.

I was filled with dread—dread that something terrible might have happened. I had heard of suicides at night—of girls, who, going out of the house in desperation, had put an end to themselves. A mental picture rose before me—a picture of Eleanor, frantic, wild-eyed, rushing towards the bay; of her hesitating for a moment on the brink; of her hurling herself into the black water, under the pitiless stars. How horrible! What a brute I had been! Perhaps if I had treated her tenderly, gently, all this would not have happened.

I was overcome by grief and remorse. I walked frantically about the library. My fists were clenched so tightly that the finger nails dug into the palms of my hands. I went out and looked down the long driveway. I even ran down to our boathouse and peered into the gloom. Surely there was something white, floating towards me on the gray water. What was it? My mouth turned dry and sticky, my legs trembled under me. Slowly the misty waves were pushing it towards me. It was as though they had played enough with it and were giving it back, murmuring their thanks in a melancholy monotone. I lay down on the damp boards of the float and stretched my hands out over the water. Soon they encountered a hard wet substance. I seized it, and drew it towards me. Thank God, it was only a barrel.

I ran back to the house. It was after ten o'clock and still no Eleanor. "Where can she be?" I asked myself. "Will she ever come back? At twelve o'clock I'll call up the police."

I sank down into a chair—only to jump up again, thinking that I heard footsteps. But it proved to be the wind blowing the shutters against the house. How slowly the time dragged on! My heart was beating out of time; my nerves were throbbing; a dull pain, like a heavy weight, sat on my breast.

If I had not said what I had, she would have been sitting beside me now! How I loved her! If anything had happened, I felt that I would kill myself.

Suddenly I heard a motor rumbling up the driveway. It came to a halt before the house. Perhaps some one was bringing her home. I started towards the door, but came to an abrupt halt. Eleanor's voice sounded in the hallway.

"Thank you so much, Mrs. Carhart!" she was saying. "I had a perfectly delightful evening! It was *so* kind of you to bring me home. If I'm turned out again, can I come to you?"

"Of course you can, dear," Mrs. Carhart answered sympathetically. "Come right to me with your troubles. What beasts men are!"

The automobile rumbled off, Eleanor came marching into the room. I pretended not to notice her. I assumed a nonchalant air—an air of easy well-being, as though I had never known an anxious moment in my life.

The next morning at the station, I saw Mrs. Carhart surrounded by an excited group of women. They cast horrified glances in my direction, glances that told me they were whispering in unison: "He turned poor Eleanor out of the house last night. What a brute he is! Where is he going now?"

CHAPTER XXV

The summer passed. We again found ourselves in the city house. Our matrimonial affairs had been going from bad to worse. We quarreled continually, and Eleanor's natural extravagance had become a veritable disease. Encouraged by her friends, she at last forced me to curtail my list of charities. Never a natural truth-teller, she had now become a chronic liar who avoided the very semblance of honesty in all things. To make matters worse, she was of a suspicious nature. It was almost a daily occurrence for her to fly into a passion and accuse me of various imaginary infidelities.

If I had ceased to love her, I would not have been so unhappy; but I continued to care for her in spite of everything. She exerted a deadly fascination over me. It was only by loading her with presents that I could get any manifestations of wifely affection. She delighted in anything new; but, as soon as the novelty wore off, she would throw it aside for something else. Friends, clothes, jewelry, it was all the same—they gave place to each other in a never-

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Without Drugs, Exercises, Fasting or Apparatus

Would you pay one dollar for the knowledge of how to grow thin without the use of special exercise, fasting, drugs or apparatus—and do it

Easily
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Dr. Anton W. Oelgoetz describes a simple common-sense method by which those who are overweight can reduce *three pounds a week* if desired. There is nothing strenuous about this method, no hardships, no interference with your regular affairs. Just a simple food formula that will reduce your weight and increase your efficiency. Dr. Oelgoetz recommends

A Plentiful Menu

of *the right foods*—things that you eat every day and like. Properly combined both as to kind and quantity, these foods will reduce obesity. Plenty of day-to-day variety; no specially prepared dishes; but the correct combination for your condition. Dr. Oelgoetz gives you the formula in a few short, easily understood pages that anyone can follow and secure remarkable results.

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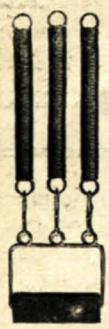

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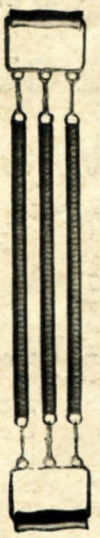

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HEADACHE

What Each Pain Means: Its Cause and Cure

There are a half-dozen or more **kinds** of headache—and each has a meaning of its own. Each arises from a **certain cause.** Would it not be worth something to you to know just what **each one** of these pains signify and how to eradicate them? What to do for each pain to immediately relieve it and then how to prevent a **recurrence** of it without taking a pill, powder or potion of **any sort**—is unfolded in an intensely interesting manner by Bernarr Macfadden, in a book entitled: "*Headache—How Cured.*" It is worth its weight in gold to every sufferer of headache.

How To Get This Valuable Book FREE

The regular price of "Headaches—How Cured" is 50c postpaid but, if you will send us your subscription to "Physical Culture" magazine for one year (new or renewal) at the regular price of $3.00, we will mail you a copy of Mr. Macfadden's new book **absolutely free of charge.** Send us your subscription NOW and this valuable book will be *mailed to you at once.*

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ending line. "Oh, what will I do next?" she would cry, looking about her feverishly. "What will I do next?"

It is needless to say that she was never happy. I believe that she was more miserable than I, if that were possible. I often pitied her.

"Let's go out, Fred," she would say. "I can't sit here doing nothing."

"But we've been out every night this week. Why don't you read something for a change—something decent, I mean?'

"I can't do it. They're so dull—all those good writers."

"But don't you think you ought to get in the habit of reading good books? What are you going to do when you get old? You can't run around like this all your life."

"I don't want to get old!" she would cry, giving me a frightened look. "I won't get old. Some people stay young all their lives."

One afternoon, after a quarrel with Eleanor, I paid Louise Hartley a visit. I found her alone in the library. She sat near one of the windows, sewing; and a band of sunlight, stealing in from the outer world, touched the strands of her dark brown hair. As I entered, she looked up and smiled.

For the first time, I realized that she was beautiful. Why had I never seen it before? Perhaps because I had grown up beside her, because I had always considered her as a sister. Now, as I looked at that pale oval face, at those dark thoughtful eyes, at that tender sensitive mouth, her beauty swept over me like a wave. Unfortunately, this feeling was only momentary. Louise's voice carried me back to childhood; she was once more my familiar confidant and companion.

"I'm so glad you came, Fred. You're such a stranger now."

I drew up a chair beside her and seated myself. I let my eyes wander about the room. How familiar it all was! Each piece of furniture, each picture, each book, was like an old friend. The ghost of my childhood still lingered here.

"It feels like home, Louise," I said at length.

Her face brightened visibly. "We have had such good times in this house, that I'll be very sorry to leave it."

"Leave it? Surely you're not going to move?"

"Yes, Fred, we are going out West to live. Billy must leave the city. Dr. Roberts says he is threatened with consumption."

For a moment I was silent. This news filled me with vague misgivings. One by one, the props which had supported my old life, were giving way. First it had been Smythe; and now I was losing both Louise and Billy.

"When do you go?" I asked at length.

"A week from Thursday. I think we'll settle in California."

"And whom will I have left?" I said bitterly. "You're leaving me all alone."

"Alone!" she started. "Surely you don't mean that, Fred? Tell me, do you?"

I avoided her steadfast gaze. I felt that the secret, which I had been guarding so carefully, had slipped out. I would not have had even Louise know that my married life was unhappy. "Yes," I said, "you're leaving Eleanor and me all alone."

"But surely you have friends? Haven't you heard from Bruce Smythe since he went away?"

"No, not once. I think he must have been shot in the revolution. If he hadn't been, he would have made a name for himself like this young American, Wilson."

"The papers say that Wilson is responsible for the success of the revolution; that he is the power behind Lorez. Did you ever hear of him before he went down there, Fred?"

"Never, until that trouble began. He raised himself right out of the ranks, I understand. The man must have had a charmed life. His escapades read like a revised copy of 'Diamond Dick'."

An hour later, I started home. I felt very depressed. Life was no longer the glorious achievement that I had imagined. One by one, my friends were leaving me; one by one, my hopes were leaving me. Home offered no relief. It was a battlefield, strewn with the corpses of many a recent combat Here the enemy awaited me, willing at any pretext to strike. And I was at Eleanor's mercy—absolutely at her mercy. I loved her, and felt that I would always love her. A strange attraction held me powerless—an attraction as strong and unreasonable as life itself.

When I reached home, twilight had fallen over the city. Opening the door with my latch key, I stood in the hallway for a moment. listening to the sound of voices coming from the living-room. Evidently Eleanor had company. I was about to go to my own room, when she heard me and came running out.

"Why, here's Fred now!" she cried in a happy, excited voice. "Who do you think is here, Fred?"

"Not Billy?"

"No," said a deep voice, "not Billy, 'Deacon'."

I wheeled about, and saw Smythe standing in the doorway. He was leaning slightly forward from the hips, in the attitude I knew so well. He was smiling and there was a soft light in his eyes.

"Why, it's Bruce!" I cried, seizing him by the hand. "Why, it's Bruce come back from the grave!"

"Yes, 'Deacon'," he said slowly, "I *have* come back from the grave."

CHAPTER XXVI

I was very happy that night, happier than I had been for months. Eleanor and I were like a pair of merry children. Only Bruce had changed somewhat.

His face was burnt to a copper shade; a long white scar ran up his right cheek

like a chalk mark. But this was only the outer difference in the man. It was the look in his eyes that really changed him. Their depths had often flashed with excitement, had laughed with joy, had grown steely gray in anger; but never had I seen them sad before. A look of melancholy rested in them now, a longing look of despair.

"Mr. Smythe," Eleanor said, "you must tell us about your exciting adventures."

"Well," he said slowly, "there isn't much to tell about my adventures."

"But how did you get that scar on your cheek?" I asked.

"It was after a skirmish on the border. There was a greaser lying on the ground, screaming for water. I went over to him and tried to give him some out of my canteen. He must have thought that I intended putting him out of the way, for, when I bent over him, he whipped a knife out of his shirt and ripped my cheek with the point of it."

"What did you do?" Eleanor asked breathlessly. "Did you kill him?"

"No," said Smythe. "I would have, if I hadn't set my mind on giving him some water. It would have been sinful to waste it on a dead man."

"He stabbed you, and then you gave him a drink, Bruce? That's like you."

"He mistook my motives, 'Deacon', and besides I would have done the same thing in his place. I won him over to our side; he's been devoted to me ever since."

After dinner we adjourned to the living-room. Smythe sat down at the piano with all his old-time skill. But even here there was a change. Formerly he had never cared for melancholy compositions; but now he sat in that darkened room playing nothing but Beethoven and Bach. At last he closed the piano and turned towards us.

"You see, 'Deacon', that my taste in music has changed somewhat."

"I should say it has. But why?"

"I don't know," said Smythe, "but I think life has done it. The beauty of sadness one appreciates only after one has gone out into the world. In Mexico one naturally turns towards better things."

"Did you know Wilson?" I asked. "He comes from New York."

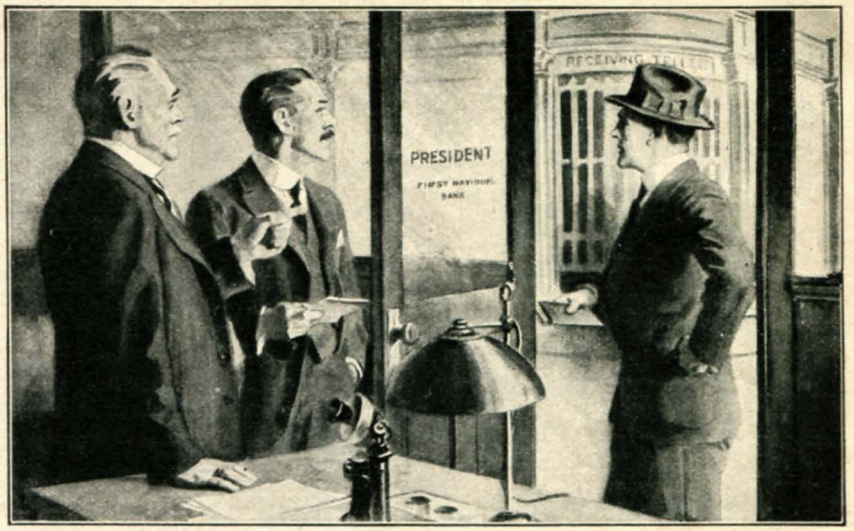
"Yes."

"Did you fight under him? He must have been a remarkable character."

"No, I didn't fight under him. There was nothing very wonderful about the man. He had his opportunities and he used them—that was all."

"But he practically won the revolution. They say if it hadn't been for him they'd be fighting yet."

"He helped," said Smythe quietly, "and others helped. Things are settled for a time at least. But Cordez has an ambitious nephew who will be stirring up trouble if he can. The place is a hot-bed of revolutions."



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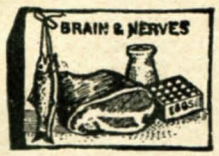

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"You're not going back there?" I asked anxiously. "Surely you have had enough fighting for a while."

He shrugged his broad shoulders. "That all depends," said he. "I may and I may not. I'm up here for a long vacation, at any rate."

"Oh, don't go back, Mr. Smythe!" Eleanor cried. "You're Fred's best friend and I won't let you go back."

"If that's the case I'll have to stay."

For some time we talked on many different subjects. Bruce gradually lost his melancholy air. He told us of his adventures, dwelling more on the humorous than on the tragic, till he had me laughing heartily. Eleanor, with flushed cheeks and shining eyes, drank in every word and echoed my merriment. I had never, not even on our honeymoon, seen her look so beautiful.

Finally, in spite of our protestations, he rose to go. I followed him out into the hallway and helped him on with his coat.

"You must come often, Bruce," I said. "Make this your second home. The door is always on the latch for you."

"Do you really mean that, 'Deacon'?" he asked.

"Of course I mean it!" I cried. "That's a fine question to ask an old friend."

"Very well then, I *will* come often. Good-night."

When I went back to the library, I found Eleanor in the armchair before the fire. She seemed quite unconscious of my presence till I touched her on the arm. Then she glanced up with a startled expression in her eyes.

"Why do you creep up like that?" she asked. "Do you like to frighten me, Fred?"

"Of course not. But how do you like Bruce Smythe? Does he meet with your approval?"

"I don't know," she said. "He's a strange man, and awfully clever. Will he come here often to see you?"

"Yes, I hope so."

"And so do I. I would like to know him better. He's very interesting. Oh, listen!"

As she spoke I heard a dull reverberating peal of thunder, followed by a flash of lightning and the splashing sound of the rain against the window panes. The lights went out, leaving the room in darkness.

Suddenly another scene was pictured vividly before me. I was in the old room in the Fraternity House, and Bruce Smythe stood in the window looking out at the lightning. Again Roberts' words echoed in my ears.

"How swiftly, how steadily it falls. It is like the tears of the stricken ones, who have stood in the path of the lightning. But to the lightning it is as nothing."

Suddenly Eleanor's voice broke into my consciousness. "Light the lamp, Fred. I'm so afraid of the lightning!"

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CHAPTER XXVII

The weeks that followed Smythe's homecoming were probably the happiest of all my clouded married life. He was a constant visitor at the house; and in his company Eleanor and I were always able to get along better together.

Smythe, as I have said before, had all the graces which are so dear to women. A clever card-player, a proficient dancer, a talented musician, it was small wonder that Eleanor should take such pleasure in his company. Sometimes, knowing this, I would ask him to accompany her to a social affair, so that I could attend to my charities.

Of course people began to talk, began to whisper behind hands, began to look at me pityingly. But I had never cared for public opinion. I trusted my wife implicitly; and my faith in Smythe was unbounded.

Bruce had hired a small apartment and I often dropped in to see him. He had grown much older from those two years in Mexico. He was more silent; and the melancholy look rested on his face almost constantly. When we were alone together, this sadness seemed to weigh more heavily on him, and to look more despairingly out of his eyes. One day he proposed that I should take up boxing.

"Why don't you let me teach you, 'Deacon'," he said. "You don't get enough exercise to keep you in condition. A body like yours should be a fighting machine."

"I remember you gave me a few lessons once before, Bruce. Do you recollect?"

The shadow deepened in his eyes, and his voice was very earnest as he said: "That would never happen again. I've controlled my temper."

"Very well. We'll give it a try. Every afternoon from four to five I'm at your service."

The very next day my sparring lessons commenced. We would strip down to a pair of "gym" shoes and running pants and go through ten two-minute rounds, while the little Jap, Togo—Smythe's man-of-all-work—kept time in one corner with fear and astonishment written on his face.

At first I found it hard work, but soon I began to enjoy it. Bruce had not exaggerated the truth when he said that he had perfect control of his temper. He always sparred as lightly as possible. Indeed he was too easy, tapping me lightly in return for some hard punch. He seemed to enjoy punishment.

"That's right, 'Deacon'!" he would cry. "You've got to develop a punch before you'll be a regular fighter. Get your shoulder into it now. That's it—that's the way. I could feel that one. Come on, this isn't tag. Get some beef into it!"

And I would follow him about the room, showering blows on him—forgetting in the heat of battle that I was doing all the fighting, and getting no punish-

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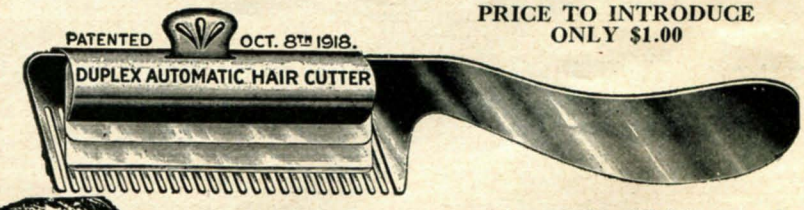

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I had used two or three kinds of colored glasses to shade my eyes, but they seemed to only add to my misery after using them a few days. I finally decided to have my eyes tested, a thing I hated to do, but finally I went to an optician and underwent a treatment.

After carefully testing my eyes he finally became rather puzzled at my case because he found after careful investigation that I might not need glasses.

This puzzled me too for I knew not what step to take next. About this time I came across an advertisement of yours and sent for it at once. I received it in due time and have been following instructions as best I could ever since. This was thirty days ago. To-day I am able to see clearly on the brightest sunshine day without frowning, be the pavement or street ever so bright. I have discarded the glasses altogether. Very respectfully yours,

R. S. ROBERTS,
Box 325, Fernandina, Fla.

Course Is Worth More Than Gold to Her

The Course, "Strengthening the Eyes" at hand, and I am sending money order for which I will keep the Course. It is worth more than gold.

Yours for health,
GRACE GUYER,
3116 E. 7th St.
Long Beach, Cal.

His Sight Is Better Than It Has Been in Years

It may be interesting to you to hear that I have been able to discard my glasses and my sight is better than it has been in years. I would like to know how long the various strengthening exercises should be kept up. The glasses I discarded were for astigmatism, and were right eye 1-25,30 and left eye 1-25,120.

Again thanking you for sending me the books on "Eye Training," I remain,

Very truly yours,
R. D. ROBERTSON,
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Vision Improved One Hundred Per Cent in Two Months' Time

I have been following the precepts of your book for two months and my vision has improved 100 per cent.

When I started at ten feet I could barely see the largest letter. Now I can see the second size letter which is one-half the size.

Yours truly,
L. MEHLER,
Waynesboro, Va.

Would Recommend Our Eye Strengthening Course to Anyone Who Wears Glasses

I am getting along with the Eye-training Course. Must say, have had good results and would recommend it to any one who wears glasses.

Yours truly, WM. S. GRINDELL,
1515 Myrtle St., Scranton, Pa.

Our files are filled with just such letters of grateful appreciation as those we publish here.

"STRENGTHENING THE EYES"

is a complete course in Eye Health Building. Prepared by Bernarr Macfadden in collaboration with one of the world's leading eye specialists. The lessons are simple. They are practical. And best of all, they produce beneficial results almost immediately.

Facts About the Eyes

The eyes are controlled by nerves and muscles, just the same as other parts of your body. You know that your arms or your legs or your hands or neck or back can be strengthened by exercise. If that were not so, half the people in the world would be going around on crutches. Well, why put crutches (that's just what glasses are) on your eyes when they grow weak? Why not try exercise?

Hundreds of people have been able to discard their glasses as a result of sending for Mr. Macfadden's Course in Scientific Eye Training. It is probable you can do the same. Why not try?

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Dept. 5, 119 West 40th St., New York City

Entirely at your risk you may send me your course of Eye Exercises. Upon receipt I will pay the postman $5.00.

It is understood if after trying the course for five days I decide not to keep it you will immediately refund my $5.00 upon return of the course.

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Street .....

City ..... State .....

We Take the Risk

We would like to have every reader of PHYSICAL CULTURE who is afflicted with poor eye-sight try Mr. Macfadden's Eye Training methods. For this reason we have arranged a plan whereby you can have the course sent to you on approval with the privilege of practicing the exercises for five days before deciding whether or not to keep it.

The price of the course has been purposely made very low so as to be within the reach of every person—only $5.00 postpaid.

If your eyes are weak, can you afford to ignore this offer and all that it may mean to you?

JUST MAIL THIS COUPON.

BE SURE AND READ PAGE 12

ment in return. So it would go on for the whole ten rounds; and then I would come to myself, tired but untouched, to see Smythe with a flushed mark on his forehead or a tiny stream of blood running down his chin. I would feel ashamed at these times, and yet, to tell the truth, a little proud of my work.

"You're developing into quite a man," Smythe would say. "I never saw such an improvement. You're getting steam into your punches now."

"So I see," I would answer, glancing at the red ribbon of blood on his chin with a mixture of shame and unholy pride. "But why do you take them on your face like that? You dropped your guard purposely. You could have warded that one off."

"It toughens the face, 'Deacon.' It hardens you for a real fight."

"Then why don't you hit me once in a while?"

He could answer nothing to this. Once he said; "Some day I will hit you, 'Deacon'."

I began to discover a new trait in my character—an animal love of fighting. I could not deny that I enjoyed this game, this excitement, this delivering of blows, this testing of bodies. At such times, I pulsed to the power of my muscles.

But after it was all over—when I had gone under the cold shower and come out with renewed strength, after I had rubbed myself into a glow, and finally when I had put on a dressing-gown, lit my pipe, and sunk into an easy chair before the fire—I came into the real joy of physical living.

Soon I put on muscle and my appetite improved. I would sleep nine hours every night without a quiver. Everything in life looked brighter to me. I began to take pride in physical development, and became more systematic in my habits. But always after the exercise and the cold shower, I felt as though I had been made anew both in body and in mind.

It was on one of these pleasant afternoons, as I sat before the fire puffing lazily at my pipe, that the telegram came from Mexico. I heard the door-bell ring, and as Togo had the afternoon out, and Smythe was under the shower, I answered it myself. I found a messenger boy whistling in the hallway.

"Here's a telegram for Mr. Wilson," said he.

"No one of that name lives here. You've made a mistake."

"Oh no, I ain't. I've been here before. Mr. Wilson *does* live here."

"I tell you there's no such person here. Maybe it's the first floor."

"Well, what's the trouble?"

Turning, I saw Bruce standing behind me, looking even taller than ever in his blue dressing-gown.

"Why, here he is!" cried the messenger boy triumphantly. "He's been trying to tell me that there ain't no such person as

you, Mister Wilson." I was amazed.

"Well, there is."

When the messenger boy had gone, I turned to my friend. "When did you change your name?" I asked. "Is Bruce Smythe your real name, or only assumed to cloak the villanies of Wilson?"

"I acknowledge it does look suspicious," Smythe answered. "But there really isn't any crime to conceal. I just took the name of Wilson as an alias when I went down to Mexico. I didn't want you people to find me."

"Wilson, Wilson!" I said. "Bruce, you're not the Wilson who became Lorez's right hand man? Why he was the brain behind the sceptre, the chap that beat Cordez and stifled the revolution in Mexico! Don't tell me you're the man?"

"Yes," said Smythe wearily, "I am the man you mean—only you exaggerate terribly."

"But why didn't you tell me before?"

"What was the use? You had such a very good opinion of my other self, that I didn't want him to lose his reputation through Bruce Smythe. Isn't that a good enough reason, 'Deacon'?"

"No, it isn't. Why, if the fellows in the club knew that, they'd give a dinner in your honor. I think I'll tell them."

"Don't do that. That's the very reason I kept the thing quiet. They'd make asses out of themselves. You really must not, 'Deacon'."

"Very well, Bruce, I won't. But why don't you look and see who sent you the telegram. It might be very important."

"It's from Lorez, I suppose. He's been sending me a wire every day or so, trying to get me back there." He tore open the envelope. "Ah, I thought so," he continued. "They're having more trouble down there. It's young Cordez, and he's started another revolution."

"Are you going back?" I asked.

"What would *you* have me do, 'Deacon'?" he asked.

"I think you would be very foolish to go back. What's the use of it? No sooner do you stop one revolution, than another breaks out. What sense is there in devoting your life to a people whom you care nothing about? Stay with Eleanor and me."

"And you want me to stay?" he asked.

"Surely you've had enough glory down there to satisfy a hundred men. Stay with us."

"That settles it," said he. Walking over to the grate, he threw the telegram into the heart of the red coals. "The man Wilson is dead. I'll stay, 'Deacon'."

CHAPTER XXVIII

It was a warm evening in April, two months after Smythe's return. Bruce had come to dinner and had proposed taking us to the opera. I had an appointment that night with one of my protégés in the East Side, so I told them to go without me.

"But Mr. Smythe and I go out alone so much, that all my friends are beginning to talk about me," Eleanor said.

"You pay entirely too much attention to public opinion," I answered.

"Fred," said she, tapping me affectionately on the shoulder, "you're an ideal husband. You don't seem to be at all jealous. You trust everybody."

"No—not everybody. If a man can't trust his wife and friend, why there's something wrong with him. Go to the opera, and don't be foolish."

"I'll go if Mr. Smythe wants to take me."

"Of course!" said Bruce abruptly, "I'll be glad to take you."

An hour later their taxi stopped before the house. I followed them out into the hallway. We stood talking, as Eleanor put on her wrap.

"Can't we give you a lift?" asked Smythe. "I think it's raining."

"No, I'd rather walk," I answered. "I missed the boxing today."

"What time will you be home?" asked Eleanor.

"Not before twelve. If you get home first, keep Bruce and we'll have a little spread."

The door opened and they went out together. I looked after them and saw that it was raining hard.

A little later, I went out to keep my appointment. When I reached my protégé's room, I found him too ill to receive me. After talking for a short time to his wife, I started home.

It was a damp dreary night, a night when moisture seems to get into one's lungs. One could imagine gray phantoms of disease hovering in the alleyways, in the dark gloomy corners where the night reigned supreme with black folded wings. Death hung over the city in a cold white mist.

I felt depressed as I walked along. Whether it was because of the rain or the want of my usual exercise, gloomy forebodings haunted me.

When I reached home, I saw a light shining through the library window. The house had been dark when I had left. Who could it be? Surely it could not be Eleanor and Bruce. It was too early. They wouldn't be home for hours. Perhaps it was one of the servants taking advantage of our absence.

Inserting my latch key in the door, I very carefully swung it open. I heard the faint sound of voices coming from the other end of the darkened hallway. I walked cautiously towards the library. Intending to disconcert those within by my sudden appearance, I pulled aside the portieres. What I saw deprived me for the moment of speech. I was like a man turned to stone.

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"FIGHTING MAD"
will appear in
PHYSICAL CULTURE
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For Boys and Girls Also

Should I Have a Child?

(*Continued from page* 61)

brow; notwithstanding his baffled rage on our journey home; yes, though it meant, as it finally did, the complete rupture of the bond between us.

Someway, one difficult step at a time, the next seven months passed—months of great hope and aspiration for me. I could not allow myself to be cast down—my son was coming; oh unquestionably he was to be a son—a woman's lot seemed too hard for me to wish it on him! A son, robust, virile, a prince in mind and body, able to meet and conquer Fate as neither his father nor I had ever done.

With this vision constantly in my mind, it was natural I should feel keenly the sense of my own shortcomings. I had always been a frail puny girl, physically undeveloped, nervous and anaemic. Though endowed with a fine frame I had no flesh upon it. This was due largely through carelessness in diet—which was always a matter of indifference to me. Exercise was a bore. I had a strong aversion to it, and in consequence my muscles were flabby and useless.

But now things were changed. A strong physique was a fundamental duty I owed my son, and if food and exercise meant its building, then study them I would, with multiplied ardor.

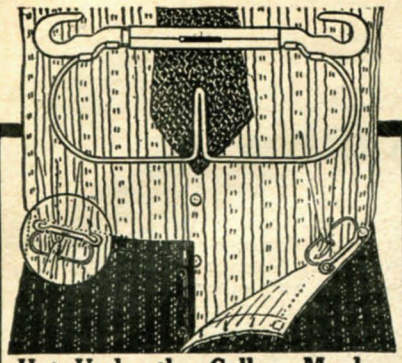
Some way, from undreamt fountains of courage and optimism I drew enough each day to enable me to carry out the program of wise, sane living I enforced on myself at this time. Thanks to the good care I received, and long, bracing walks in the keen mountain air, I came to my ordeal eager and expectant, with muscles supple and capable, and no feeling of dread before the Big Adventure.

Then the quick rush to the hospital, and the miraculous hours of fruitful torture before they laid my daughter in my arms.

"And she so wanted a son," I heard one of the nurses say, as I drifted back to consciousness. Even then I resented the imputation on that warm, frail bundle of girl sweetness in my arms—mine, all mine.

The coming of a child may draw the mated closer together, or it may force them irrevocably apart. In our case the result was the latter. My husband cared nothing for the baby, and his total disregard for her rights and welfare parted us more utterly than any cruelty to me alone could have done. From the very first, she was my child, never his. I made no demand on him for any contribution to her support, nor did he offer any. "You've made your bed, now lie in it," seemed to be his attitude.

Well, no matter, I would make my way for my baby, that I never doubted for an instant, but the way was not immediately opened by a miracle. The



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practical difficulties were a great many.

Just the matter of appearance. While I had met the demands of childbirth, it had taken every ounce of my strength. I had no reserve vitality. My baby weighed twelve pounds, with the ravenous appetite of a perfectly healthy youngster. I was unable to nurse her. Those first three months I recall as a constant nightmare of broken nights, and a shifting from one prepared food to another. From one hundred and thirty, I was reduced to ninety-seven pounds—a mere gaunt bundle of bones. Just to look at myself in the glass was enough to make me burst into tears—my nerves were so unstable.

So I came to New York with my baby in my arms, and less than fifty dollars in my purse. Oh for the little blessed financial margin that would have enabled me to rest and regain my poise while looking around for the right position. But down to bed-rock, as I was, it was necessary to take the first thing that offered—a position in a store. The effort was not a success. I lost it shortly for lack of endurance to stand the hours. The same experience was repeated. I lost my second by fainting in an elevator, at the time of a big sale. The firm's welfare secretary sent me home in a taxi, and kindly suggested that I rest a couple of weeks before returning. "You look all fagged out," she expressed it sympathetically and the hard grind of business needs fresh young vitality. It has no place for the broken-down. That she did not say, but I felt it.

Health was my big need. Well, then, there was only one thing to do. Build health and build it quickly. There was no time to spare. Could I build it in two weeks?

They brought me a glass of milk in bed, and even as I sipped it, I was planning to make that two weeks, (a blessed "vacation with pay") the most productive of my life.

The next day I went to a chiropractor and arranged with him for a course of treatments, to be paid for as I was able. He treated my upper spine, gradually assisting me to nervous poise and tranquility. He also prescribed two quarts of milk daily, and a simple little set of exercises that enabled me to digest all this extra nutriment. In addition, I slept twelve hours daily and at the end of the two weeks had put on six pounds in weight.

Best of all, I had gained a new vision of health as a goal—to be reached by intelligent striving. I returned to the store, but not to my old place behind the counter. They made a place for me in the advertising department, where I gained valuable experience in the description of children's wearables.

That winter I made two valuable discoveries: first that I could write in a way to make women want to read it. Second, that it is just as possible and fascinating

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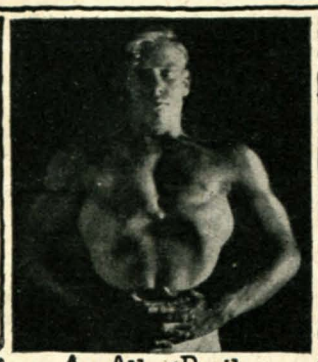

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BE SURE AND READ PAGE 12

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J. S. Ogilvie Pub. Co., 217 Rose St, New York

to "play health" as any other kind of a game.

I enrolled for a course of swimming lessons at the Y. W. C. A., and found it worked marvels in developing my chest and breathing capacity. From being scrawny, I began to develop curves and carriage.

My gowns took on style. Eyes began to follow me. I was no longer downcast with weariness, but knew the thrill of joyful energy.

At the end of one year's physical culture the advertising manager of my firm resigned, and I was offered the job of first assistant to his successor, at a salary of $2500. I declined this, however, for the war had now started, and for two years I threw myself into war work, hard.

The multiplying and broadening of woman's opportunities at this time did much for me, as for many other women. Opportunity began to seek me. I no longer had to do the seeking. I took entire charge of the publicity for a successful war charity. I wrote copy that swelled the funds for Liberty Loans. I found I could speak as well as write and got out on the platform. My little personal griefs of disappointment in one man—what did they amount to? Not the size of a pin-head beside the big aims and hopes amid which I was now thrown. Every day a new chance to learn: Newspaper methods, publicity methods, how to work with people, how to live and be happy. Perspective.

By the time the Armistice was signed, I had two thousand dollars ahead, and no longer had to feel panicky at the idea of "taking a vacation," while looking about for a "peace job."

The vacation lasted but a few days before I was offered a substantial position with a manufacturing concern who had been impressed by some of my "war copy." This position I now hold. It is, if I desire, a life one, with plenty of responsibility as head of a large and flourishing department.

With my savings in three years I have bought a darling little bungalow, nineteen minutes from Manhattan, where my baby, now six years old, may know the joys of her own home, own back-yard, own sleeping porch, own velocipede.

As I come home at night, I can see her curly head bobbing up and down the front walk. "Hello, mother darling!" Then fast-running feet, and little strangling arms about me.

Has it paid? It has, gloriously. My little daughter I count the greatest blessing of my life, at once my inspiration and reward, who not only lit the torch of my ambitions but enforced the struggle for vigorous health that has enabled me to fulfill them.

With her beside me, I am a far younger and happier woman than I was ten years ago.

Faces Made Young

The secret of a youthful face will be sent to any woman whose appearance shows that time or illness or any other cause is stealing from her the charm of girlhood beauty. It will show how without cosmetics, creams, massage, masks, plasters, straps, vibrators, "beauty" treatments or other artificial means, she can remove the traces of age from her countenance. Every woman, young or middle aged, who has a single facial defect should know about the remarkable

Beauty Exercises

which remove lines and "crow's feet" and wrinkles; fill up hollows; give roundness to scrawny necks; lift up sagging corners of the mouth; and clear up muddy or sallow skins. It will show how five minutes daily with Kathryn Murray's simple facial exercises will work wonders. This information is free to all who ask for it.

Results Guaranteed

Write for this Free Book which tells just what to do to bring back the firmness to the facial muscles and tissues and smoothness and beauty to the skin. Write today.

KATHRYN MURRAY, Inc.
207 So. Wabash Ave. Suite 534; Chicago, Ill.

Do Nine Out of Ten Persons Commit Suicide?

Why do apparently strong, healthy looking men and women die too young?

Do you get up in the morning full of "Pep" and in a few hours find yourself "all in"?

What do you know about the Benefits of Internal Bathing with plain warm water in eliminating putrefactive matter from the intestines?

Why are cathartics and other laxatives harmful?

Why do thousands of people fill Health Resorts, Sanatoriums and Lunatic Asylums?

Our Free Book will enlighten you on these important subjects.

The Dupell Internal Bath is a household necessity and is recommended by physicians, trained nurses and over one hundred thousand users.

Our Free Book tells you why. Let us send you our Free Book today. You will be under no obligation. Your name and address on a postal card will be sufficient.

DUPELL SELLING CORP.
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Learn in 5 evenings home study; then acquire speed with K. I. Shorthand. **Amazingly simple,** easy. Approved by experts. Write dictation, messages, etc., **rapidly as spoken,** after brief, pleasant practice. Favorite method for personal use; make notes at lectures, meetings; keep confidential **diary.** Big help in any profession or business; aid in your career. Used in Army, Navy, courts, commercial schools; by public and private stenographers, teachers. Slight cost. **K. I. Shorthand**--for busy people, including YOU. **Proof Lessons,** Refund Guarantee and Brochure with Testimonials **free,** postpaid. Address:

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SUCCESS—HAPPINESS

These priceless possessions, as well as the desire to *achieve,* and the *energy* necessary to *accomplish* great things, depend entirely on health and virility. Write at once for free brochure "Tell Me What You Eat." Address

PHILOSOPHICAL PUBLISHING CO.
32 "BEVERLY HALL" QUAKERTOWN, PENNA.

STUDY HUMAN NATURE

MAKE PEOPLE LIKE YOU

Get along better, make more money, develop a winning personality, learn to know people as they are. Send 10 cents (stamps) for "PERSONAL POWER," a little book that points the way. ADDRESS

PROGRESS LEAGUE, 31-Y Union Square, New York

With her beside me, what may not the future be made?

She has taught me the big lesson that health is to be had for the striving; that there is plenty of health for all, and that even the feeble and rickety may earn all the health they need for big endeavors, if they want and try for it hard enough.

My earnings last year were seven thousand five hundred dollars. And one thousand of this was for advertising copy appealing solely to mothers of babies.

So, even in cold coin of the realm, I can say, having a child has paid. As to my increased wealth in heart-riches, it has brought me into my kingdom.

Just suppose—but even now I catch my breath to think how differently life would have developed for me had I given the other answer to the question: "Shall I have my child?"

Let's Clean Up Wrestling

(*Continued from page* 40)

have thrown the man I mentioned as his opponent at the previous show at least sixty times in one hour. Several people who were present and seemed to know the game endorsed Smith's statement.

We have had unlimited trouble also with traveling carnival companies, who carry one or more wrestlers, taking on all comers, but at the present time have them pretty well subdued.

I recall an instance years ago when a carnival of this sort came to Port Huron, Michigan, and had a lot of their own crowd among the patrons of the show who would step in and take on the champion of the show.

One day a gentleman (who in his time was quite an athlete) accompanied by his son (who at that time was a bank clerk) and another young man dropped into the wrestler's tent, and when the challenge to all comers was issued, all three of this party went on with the wrestler of the carnival, and in every instance the traveling wrestlers were defeated.

Some of the holds used in wrestling are not only unsportsmanlike, but brutal. And when a syndicate or an individual in an office in New York, or any other city is in a position to determine the winner in a wrestling match in New Orleans, Chicago or San Francisco, before the contest is held, there is something wrong with that sport. The bodies having control of sports in different states should try to protect the people who patronize wrestling shows, until such times as wrestlers and their managers are willing to give to the public their honest efforts in every match.

We can have healthy sport only so long as we keep it clean, and even from the commercial standpoint, honest sport will pay better.

BAR BELL OUTFITS

At Less Than Pre-War Prices

To advertise my latest Strength Maker Model Bar Bell outfit I am going to sell a limited number at less than half price. This outfit sold at $35.00 during the war, at $25.00 before the war. Today I am selling it at $17.00, which is 32% less than pre-war prices.

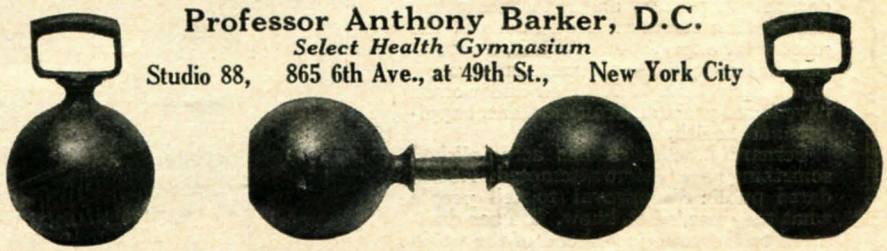
The Strength Maker is interchangeable. You can make it into a long bar bell that weighs about 40 lbs., empty, or a short bar bell that weighs about 35 lbs. empty, or two ring weights that weigh about 20 lbs. each empty. You can load them with sand, which will make the weight as heavy as you should ever need for all purposes of health and physical powers. Should you wish a very heavy bell you can use lead shot, which will make the long bar bell about 210 lbs. short bar bell about 200 lbs., and ring weights about 100 lbs. each.

You receive with each outfit the most complete and up-to-date instructions published on how to use long bar bells, short bar bells, ring weights or kettle bells. The above method is the system that I have so successfully used to develop thousands of men and young men into strong, healthy specimens of superb manhood for the past 35 years in my fourteen gymnasiums in New York City.

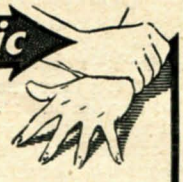
You can become as strong as you want, also obtain robust health, and perfect physical development in a very short time. After one month's use of the Strength Maker Outfit you will be convinced that it was the best investment you ever made. The Strength Maker will bring much better results than you would obtain from any mail course or expensive gymnasium course.

This offer is liable to be withdrawn at any time. I believe in the near future I will be compelled to charge $30.00 for this outfit, so here's your chance to obtain the complete course in physical culture for home training and the remarkable bar bell outfit at the bargain price of $17.00. I would strongly suggest that you send a post office money order for $17.00 before the bar bells are all sold. Send your order today, now, before you forget.

Professor Anthony Barker, D.C.
Select Health Gymnasium
Studio 88, 865 6th Ave., at 49th St., New York City



Chiropractic



—offers every opportunity to ambitious men and women; the T. C. C. offers every advantage for acquiring a thorough education in this wonderful science.

Small classes, dissection course, individual instruction, X-ray and Chiropractic advertising-salesmanship courses with no additional cost, day and night classes, large clinic, brilliant faculty, wonderful climate. Write for catalog today!

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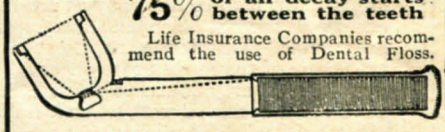
"The Palmer Method School of Dixie"
206 Dwyer Avenue San Antonio, Tex.

KEEP YOUR TEETH AND GUMS HEALTHY

75% of all decay starts between the teeth

Life Insurance Companies recommend the use of Dental Floss.



The Baxter Dental Floss Holder

cleans between the teeth where the tooth brush cannot possibly reach and prevents decay, and bad breath. Its use after eating will prevent pyorrhea. A health necessity for men, women and children.

Made of nickel silver—will last for years. Actual saving of dental floss will pay for holder. At drug stores or by mail 35c. Extra bobbins of dental floss 10c.

Baxter Mfg. Co., 11 Portland St., Boston, Mass.

You Have a Wonderful Power

within you which is marvelous in its might, yet so easy and gentle in its effect, **when rightly used,** that it takes none of your strength.

It is the soul power which lifts you above the irritating and exhausting conditions of everyday life.

Nature's laws are not to make you weak, ill, vindictive, depressed, oppressed, unsuccessful, or miserable.

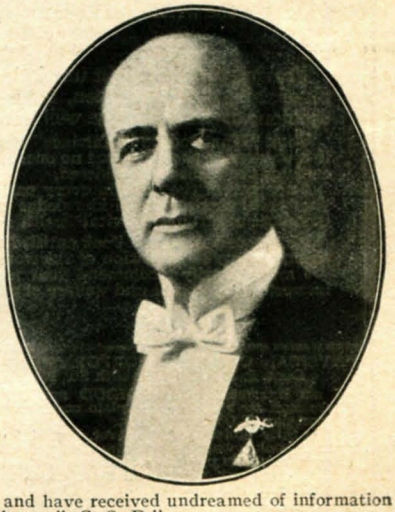
You bring these conditions upon yourself through your ignorant use of Nature's laws.

It is within your power to obtain the knowledge of how to use Nature's laws rightly, and develop the ability to relate with the conditions you desire.

Soul power is not understood by many persons. Its right use increases and strengthens your physical and mental power and makes you invincible.

Learn the secret of soul power. It is taught by that **Master Psychologist,** Dr. F. W. Sears, in his books on **"Concentration—its Mentology and Psychology,"** and **"How to Conquer Fear."**

Price of both books, $1 postpaid; or send name and address on postcard and pay postman $1.10 on delivery. **Money back if you want it.**



Rev. Edw. S. Hodge, Texas, says:—"I am delighted and have received undreamed of information from your wonderful books. Please send me the following by mail, C. O. D."

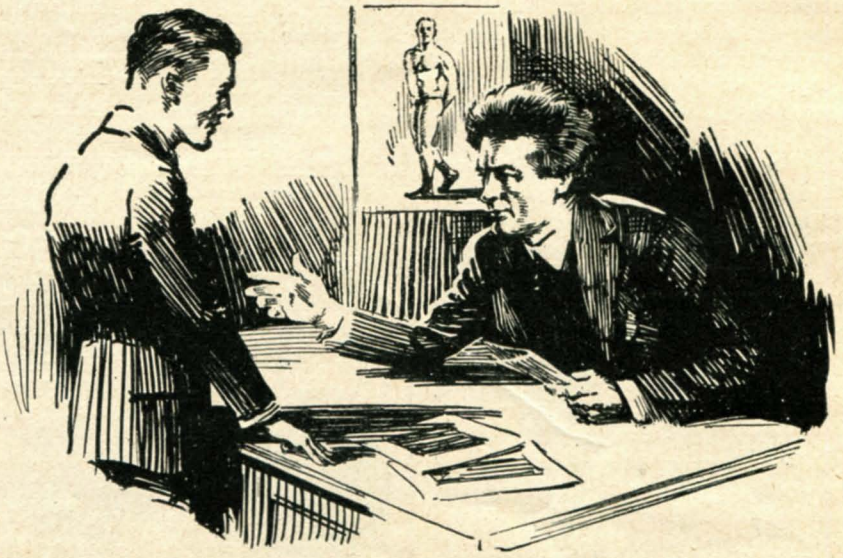
Mrs. J. F. Barth, Ohio, says:—"Your books contain that for which I have been looking for years. Please send me list as per enclosed order for $10."

O. D. Barretto, Hongkong, China, says:—"Your books come as a revelation and I want to express my gratitude."

Centre Publishing Co., 108 & 110 W. 34th St., Suite 640-S, New York

How "Manhood and Marriage" Opened the Eyes of 75000 Men

For Fearless, Broad Minded, Plain Speaking Discussion of the Vital Personal Problems Confronting Every Young Man, Bernarr Macfadden's Startling New Book Has Set a Mark Never Before Approached



At last, a man has dared to speak the truth,—the plain unvarnished truth. At last, a light has been thrown upon the darkness of prudery and ignorance which has so long surrounded questions of the most vital importance. At last, a revelation has appeared,—a revelation through which more than 75,000 men and women have found peace and contentment, happiness and health.

Bernarr Macfadden has accomplished something never before attempted. He has dared public disapproval to tell people what they needed to know. He has dedicated to the young manhood of the world the fruits of his lifelong study and experience as teacher, physical culturist, and philosopher. He stands alone, the pioneer who points the way through an unchartered wilderness of ignorance to the glorious goal of complete understanding.

A Few of the Chapters

The Importance of Virility
Love Making and Its Dangers
Establishing the Intimate Relations of Marriage
Regulating Marital Intimacies
Marital Excesses
Should Husband and Wife Occupy Separate Beds
A Man's Duty Toward a Pregnant Wife
Impotence and Allied Sexual Weaknesses
Diseases of Men — Their Home Treatment
The Prevention of Venereal Disease
Various Problems of Young Men

The Truth About the Sex Question

People have at last begun to realize that the immense importance of the "sex question" will no longer allow it to be hid away as a thing to be ashamed ot. We are living in an age of plain thinking and frank speech. Subjects spoken of in whispers ten years past are now discussed freely over the lunch table. Why is it, then, that the most important question in the world—the question upon which the future of the human race depends, is kept a dark and mysterious secret? Why is it that so many young people are allowed to stumble along in blind ignorance, often wrecking not only their own lives, but lives of others as well, when it is so easy to teach them? Why?

Seeing the fearful misery everywhere about him, brought about by unfortunate marriages, separations, divorces, sickly children, and premature deaths, Bernarr Macfadden decided to kill forever the demon Ignorance which made these things possible. "Manhood and Marriage" is the result.

"As One Good Friend to Another"

It is far more than just a book. It is more than a course of instruction. Bernarr Macfadden himself lives in the pages he has written. His spirit is there. It is as if he were talking to you as he would talk to his own younger brother He does not preach. He does not theorize. He does not mince matters. Macfadden is first, last and always a man,—a man who has lived the same life as you have, who has undergone the same temptations. Straight from the shoulder, brass tacks, that is what he gives you, and it is this plain-spoken sincerity that has made his book a never failing source of inspiration and comfort to the thousands of men and women who owe to it their whole life's happiness.

And in the writing of it, Bernarr Macfadden has done something which no other writer on the same subject has ever daredl to do.

What Physicians and Surgeons Say

Fearing that he might unwittingly cause offense, Macfadden before publication submitted the manuscript to several prominent physicians and clergymen, asking them to delete anything which they thought untrue or improper. The following are the opinions of some of these well known men:

Your "Manhood and Marriage" deals with the most delicate subjects in a way which should offend no one, and yet in a way which satisfactorily explains the subjects considered.

I approve of the book in every part and certainly wish you success in your endeavors to spread knowledge of this nature, and to overcome the ignorance regarding all vital health questions. F. C. GRAY, M. D.

I have read your new book entitled "Manhood and Marriage," I desire to express my appreciation of the work.

I most heartily recommend your methods of treatment to all who are interested in the care and welfare of suffering humanity.

JOHN G. SPEICHER, M. D.

Physicians know better than any other class of people the terrible penalties paid each year by those who err, owing to ignorance of the matters described in your book. I see instances frequently where a little common sense and plain talk would have saved suffering and disgrace.

I approve of all you have said and wish you success in helping to overcome the ignorance of prudishness.

Albion, Mich. F. S. GOODRICH, D. D.

I heartily approve of the book and wish that all could read it, for I know that it will be the means of bringing about great benefit to the public, if its advice is generally followed.

Chicago, Illinois. H. B. GALATIAN, M. D.

PHYSICAL CULTURE CORPORATION
Dept. 5, 113-119 West 40th St., New York.

I am interested in MANHOOD and MARRIAGE. Please mail me a copy under plain cover and I will pay the postman $3.00 upon receipt.

It is fully understood, however, that if I do not feel that the book is worth much more than the price charged, I may return it in perfect condition within 5 days after I receive it and my money will be refunded immediately and without question.

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SEND NO MONEY

This remarkable book, so new in scope, so fresh in viewpoint, is crammed full of the information neglected by old-fashioned sex hygiene. And so convinced are the publishers of its almost priceless value, so sincerely do they feel that it should be in the hands of every young man, that for a short time only, they are making a most generous offer.

Don't miss this great opportunity which may mean the difference between lifelong happiness and sorrow. Tear out the coupon at the foot of this page and mail today but *do not send any money.* While the price of MANHOOD AND MARRIAGE is $3.00 it is not necessary to pay us one cent before the book is *actually in your hands.*

OUR GUARANTEE—The contents are guaranteed to satisfy every purchaser. If you do not willingly admit, after you examine it, that the book is worth ten times its cost, it may be returned and the purchase price will be refunded without question.

PHYSICAL CULTURE CORPORATION
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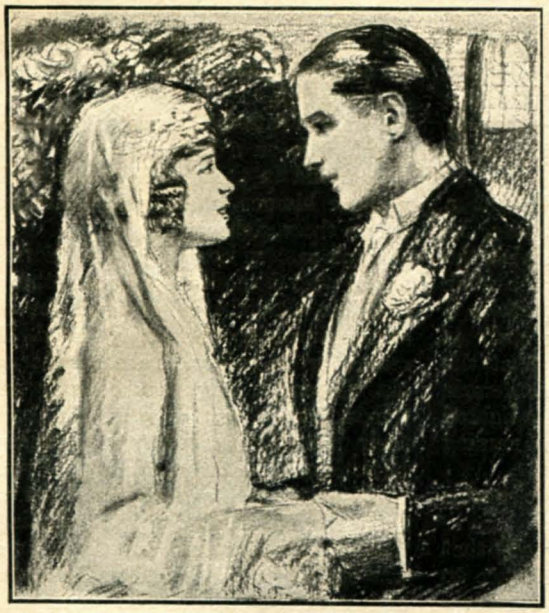
This book may be purchased at any of the stores mentioned on page 94.
BE SURE AND READ PAGE 12.

"Womanhood and Marriage"

By Bernarr Macfadden



If You Are an Earnest, Intelligent Young Woman, Possessed of the Fine Instincts of True Womanhood, You Think Seriously About Marriage and Motherhood, and Hope Some Day to Become the Wife of the Man You Love, to Bear Him Children, to Make Him a Happy, Comfortable Home and Then Live Out Your Days Secure in the Deep, Abiding Love of a Faithful Husband and Surrounded by Loving, Considerate Sons and Daughters.

Yet, when you read the papers and see the myriad accounts of separation, divorce, scandal and misery with which their columns are filled you cannot help but feel a deep concern at the pitfalls that border the path of wedded happiness; accounts that well may cause the stoutest heart to quail, the strongest confidence to weaken.

In Knowledge There Is Happiness

However, keep this fact in mind—*there is nothing wrong with marriage—upon marriage is based the home, and the home is the foundation of our nation.* Marriage as an institution is the greatest, most wonderful success in all the world. *But,* like all other great institutions devised by nature for the good and protection of the human race, it is subject to a well defined set of natural laws that *must be obeyed. Therein lies the whole secret of happy or unhappy marriage.* A great percentage of all the people who marry are entirely ignorant not only of these natural laws but of the fact that such laws exist. And so, since nature plays no favorites, grants no immunities, is it any wonder that thousands of couples separate every year, our divorce courts are full to overflowing and countless thousands of other "homes" are held together by pride alone?

Until recently, there was some excuse for women marrying with no knowledge of the responsibilities of wifehood because a vulgar prudery had thrown a dense black wall of ignorance around everything having to do with marriage, a wall that kept girls and young women from learning *before marriage* the things that every woman *must know* in order to intelligently become the wife of the man she loves and the mother of beautiful, healthy children.

There Is No Longer Any Excuse for Ignorance

Bernarr Macfadden, Father of Physical Culture, the world's greatest student of natural law in its application to humanity, and the sworn enemy of false modesty, determined to write a book for the everlasting good of womanhood in which he proposed to break down the wall of prudery by setting forth in clearest detail every particle of information that would be of help to women in building the structure of their married lives upon the rock of right living, right thinking and the observance of natural laws. That wonderful book is no longer a dream but a fact. "Womanhood and Marriage," companion book to his equally wonderful "Manhood and Marriage," is now available to every girl and woman, married or single, who sincerely wishes to make her marriage, her home and her children so ideally perfect that there is nothing left to be desired.

We could write page after page about "Womanhood and Marriage" and not be able to give you an idea as to half of the store of information this treasure house of knowledge contains. Rather than try, we are printing the chapter titles for your observation. But even that is not enough. To really know its value you must see it, go through it page by page and learn at first hand just how much it means to you.

WOMANLY IDEALS
Ideal Womanhood
The Meaning of Sex
The Mental and Spiritual Signification of Sex
Am I a Complete Woman?
The Old Maid
Choosing a Husband
Judging a Man's Fitness
Marriage and the Drink Question
Personal Habits of the Young Man
LOVE AND COURTSHIP
Why Think About Marriage?
Marriage and Its Alternatives
When to Marry
Should a Girl Marry from a Sense of Duty?
Love Making and Its Dangers
The Girl Who Has Made a Mistake
True Love and Its Expression
Dancing and Dress
The Essentials of a Happy Marriage
The Wedding Preparations
PHYSIOLOGICAL LAWS OF MARRIAGE
The Physical Relationship of Marriage
The Basis of Marital Happiness
Regulating the Relation of Husband and Wife
Making Love Life-Long
Mistakes and Excesses that Destroy Love
The Pros and Cons of Birth Control
Hereditary and Prenatal Influence
The Requirements of Pregnancy
DOMESTIC HARMONY
Why Children Are Necessary to Happiness
The Question of Money
The Snare of the Boarding House
The Question of Friends
The In-Laws
Quarreling and Making Up
Jealousy—The Green-Eyed Guardian of Honor
When "The Other Woman" Appears
The Erring Husband
When Love Seems Dead
The Divorce Problem
PHYSICAL AND MARITAL DEFICIENCIES
The Unsatisfactory Husband
The Frigid Wife
Masturbation
Sterility
SPECIAL DISORDERS OF WOMEN
Menstrual Disorders
Special Diseases of Women
Displacements and Their Correction
Tumors
BUILDING GLORIOUS AND PERFECT WOMANHOOD
Womanly Periodicity
Determining Sex
The Menopause or The Change of Life
How to Build Vigorous Womanhood
Improving and Beautifying the Bust
Exercise for Womanly Strength

OUR LIBERAL OFFER

In order to place this information at the disposal of every woman in need of help along these lines the most reasonable terms have been arranged. All that is necessary is to sign the coupon at the foot of this page and mail it to us. Send no money until the book is actually in your hands. Then pay the postman only $3.00. After that you may examine it for five days and if then you do not feel that it is all we claim for it, and much more, return it and your $3.00 will be immediately refunded.

"Womanhood and Marriage" Is Starting Thousands of Girls and Young Women on the Right Road to Married Happiness.

"Womanhood and Marriage" Is Saving Thousands of Marriages Already Contracted from Breaking Up Upon the Rocks.

Be Sure and Read Page 12

This book may be purchased at any of the stores mentioned on page 94 of this magazine.

PHYSICAL CULTURE CORPORATION

Dept. 5, 113-119 West 40th Street, New York

THIS COUPON IS FOR YOUR CONVENIENCE

Physical Culture Corporation
Dept. 5, 113-119 West 40th St., New York

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It is fully understood, however, that if I do not feel that the book is worth much more than the price charged, I may return it in perfect condition within 5 days after I receive it and my money will be refunded immediately and without question.

Name.....

Address.....

Milk-Wonder-Worker in Treating Nervous Wrecks

Health four weeks away

The rapidity with which a wretched neurasthenic or nervous breakdown patient may be changed in four weeks into a correctly functioning, happy and worth-while individual makes a stay at our institution pay enormous dividends to the down-and-outer. Terms moderate.

The Moore Sanitarium

828 Hawthorne at 27th

PORTLAND OREGON

THE KLEAN E-Z-SUSPENSORY (FORM FITTING)

Every Man Should Wear One The most practical and sanitary Suspensory ever invented. Two sacks with each outfit.

Linen (mesh) $1.50. All Sizes.

At your dealer's or POSTPAID on receipt of price.

A. R. CHISHOLM CO., Suite 750, 1328 B'way, New York

National Physical Culture Week

Magazine Bargains

TAKE ADVANTAGE OF THESE SPECIAL OFFERS AT ONCE

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PHYSICAL CULTURE	$3.00	$3.25
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PHYSICAL CULTURE	$3.00	$4.00
SUNSET MAGAZINE (For Lovers of the West)	2.50	
TODAY'S HOUSEWIFE	1.00	save
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ORDER IT TODAY DO IT NOW

PHYSICAL CULTURE
119 West 40th Street, New York—Dept. 5

Enclosed please find $.....for which send me economy offer No.....as shown above.

Name.....

Local Address.....

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The Jazz Girl of Today

(*Continued from page* 51)

where, and men were privileged to smoke at any time, regardless of place. The stigma was removed, it seemed, and we need not wonder at the alarming number of young women who acquired the smoking habit as a consequence.

The readiness in which the cigarette may be procured, and the convenience with which it may be used—its very littleness—makes it one of the most offensive habits of our race.

Only a short time ago I bought a volume of photographic art studies, intending to use it in connection with the study of art as pertaining to the nude figure. My young daughters, whom I have trained to look upon the body as divine, were shocked to find that the author had defiled the sacred, female form by posing his subject with a lighted cigarette between her fingers, and naming this nude study, "Cigarette."

Is there any remedy for the cigarette evil?

In the case of almost every girl that wins her popularity by disobedience to the laws of decency at school, conservatoire, or college, there is usually a home at fault. Can you not see such a girl, when small, petted and humored, her "smart" sayings discussed in her presence, and then "aired" before friends until she becomes what is known as the spoiled child?

And, can you not see this same child later, when she studies music or elocution, having no other thought for these accomplishments than that she may "show off" on a larger scale? Then, as time passes, she dresses for show, walks for show (in shoes with French heels), powders and paints for show, and lives for show.

Yet mothers are blind to the results of such artificiality and say, when the immorality of older girls is being discussed, "My daughters may do indiscreet things, but they would never overstep the bounds of decency so far as these girls have done."

Dear mothers, give your daughters time, and freedom to continue doing as they please, and they will fall easy victims to the influence of the greater evils.

Small acts of indiscretion often lead to bolder ones.

Think of a condition which makes it possible for a young girl away to school to accompany a young man into his fraternity house, unchaperoned, and without a blush. The visit in itself may be an innocent one, but what about the opinions of his fellow students? Has she ceased entirely to regard a decent reputation as a valuable asset?

Seeking the good opinion of refined elderly persons, and endeavoring to set a good example for the little child, should be regarded by the young girl as two of the greatest forces in preserving character.

Think of the problems with which school officials are confronted in the case of a girl whose early life has been spent in a home of laxity.

On the road where we find boldness we also find extreme daring, only a little further along.

A case of extreme daring was told me of a girl, who on a wager, met her young man friend in the drawing room in her negligee kimona, under which she wore only a sheer nightgown.

In an eastern hospital, I am informed, a girl was brought by her mother or guardian that she might have the best of care during the maternity period. The reason for the husband's absence throughout the entire stay, was casually mentioned; but it was only on the day of their leave-taking that a suspicious nurse found a letter in which the "young wife" was urged to hurry and get well from the operation for appendicitis, so that she might return to school, as she was greatly missed. After the patient and mother-guardian had departed in their taxi, they were seen a little way from the hospital to stop alongside of a waiting limousine, where the chauffeur of the latter transferred the wee bundle from the taxi into the arms of the woman in the limousine.

Another girl in another city was less fortunate, and, having no one to shield her she stayed on until her great trouble was discovered, and she was expelled by the school authorities. When leaving, this girl was heard to exclaim, "I do not know where to go—I dare not go home lest my parents kill me."

Surely, "the way of the transgressor" was hard in the latter case.

These cases which I have cited are, indeed, instances of extreme immorality, and I have given them only with a heart full of compassion for the untaught, untrained, misguided girl. And, parents, they are presented that you may realize the importance of serious teaching and training in the home that the characters of your children may be so carefully and strongly built during the formative period, that thereafter the winds of temptation cannot even sway their wills from these groundings.

The so-called modern girl is here and we can no more change her into the home-abiding, modest girl that our forefathers knew, than we can change the bold, chattering blue-jay into the little brown wren. A metamorphosis now is impossible.

"But," you exclaim, "What about the man this girl marries?" Why so much concern about the man? Very probably he jazzes and smokes to extreme, drinks, swears, and has been guilty of more real immorality than she.

Again you ask, "Are we not going to do anything to improve her? What about her home and children?"

This girl's conscience, the soul's mentor, is not dead. Neither has she lost her big heart, and we will have to trust to marriage, responsibilities, and her good, inherited traits, or new environment with wholesome influences, to awaken her and make her see her weakness as others see it. Her children will most likely profit by her realization of the years which she wasted in frenzied pleasure; and she will see to it that her mistakes are not repeated by them.

We cannot very well change the course of a great river, when once it is fixed. But we could easily have changed it in the beginning, when it was forming. Thus we will have to stop talking and writing about the modern girl, whose wrong habits have become established, and center our interests upon the coming generation, on every new-born babe, boy as well as girl, and upon those in early childhood.

First, let us consider the girl of adolescent age and determine whether or not we can save her from the fate of her older sisters.

If, at this period, she be aping the attitudes and habits of these much censured girls, wearing her hair done up, mincing along in French-heel pumps, wearing transparent and conspicuous hose, spending her valuable time in beauty parlors; if she be holding clandestine meetings, frequently attending jazz dances and asserting that she is capable of taking care of herself at all times without the aid of a chaperon, then her course is becoming fixed, and unless checked, it will be like that of the mighty river—*unchangeable.*

It is, indeed, a grave situation when in certain sections of the country, the average twelve or thirteen-year old girl assumes the attitudes of a woman, and is no longer a child wearing her hair down her back, finding pleasure playing with dolls and children of her own age.

The life of the average child of today is unnatural; it is superficial. A desire for popularity on the part of the parents for themselves and their children is the dominant factor which leads them into lives of artificiality.

From the time that the child is born, until the time of maturity when she passes out of the home jurisdiction into a chosen vocation or a home of her own, it should be the duty of the parents to live their lives into the life of the child. They should so adjust themselves to the rightful needs of the child that they become living examples of propriety for the child to reflect.

The parents' chief pleasure should be the developing of their children—teaching and training them. I use the word *teaching* in its broadest sense, for it is only when a child is rightfully taught and trained in the home, plus what he gets in public school, that he is really educated.

The child's environment, reading, play-

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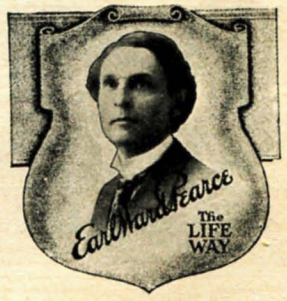

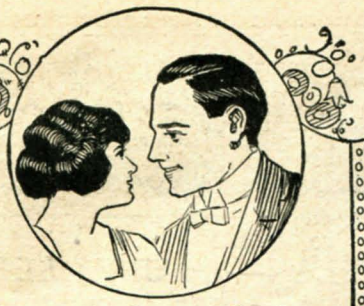

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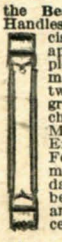

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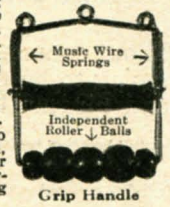

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ing and amusement, even the parents' conversation, must be made for the child's betterment rather than for the parents' selfish desires.

Moreover, as a gardener watches and tends his choicest flowers, so must the mother, with the aid of the father, watch the child's development, teaching her, training her, and guiding her spiritual, intellectual, and physical growth, that she may become the woman that God intended her to be.

We parents of this nation, with rigorous efforts toward self-improvement, must join forces in the interest of the rising generation of boys and girls that they may be saved from the moral failures of the youth of today. Let us appropriate for this cause those forceful and memorable words of President Harding, and make them a household motto, our daily prayer, "*It must never happen again.*"

Try This for One Week

Though one hesitates to prescribe a program supposed to suit everyone, yet there is such an advantage in offering something concrete and definite that one may do, that it may perhaps be well to offer the uninitiated a daily program of a general nature to follow during National Physical Culture Week. Actually you should map out your own program, which may vary from the following. Nevertheless, this may be regarded as a basis of a physical culture scheme. Try it for one week, as a sample, and then take the prescription for the year round.

Walk at least three miles each day.

Spend ten minutes in setting-up exercises.

Treat your stomach with respect. Do not overeat. Eat meat not more than once each day. Balance your diet with a sufficiency of fruit, green salads and other vegetables. Drink at least two quarts of pure water daily.

Sleep with windows open. Secure what sunshine you can. Endeavor to spend a minimum of ten hours during the week in the open air. Balance work and play.

Cultivate happy thoughts. Think in terms of health. Arrange all plans for the week upon a basis such that each day's activities will be consistent with the requirements of keeping fit.

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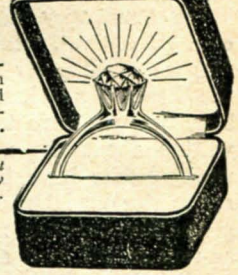

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My Sacred Right to Get Drunk

(*Continued from page* 43)

wet sophists who insist that they are not liquorites but just simon-pure Americans who are strong for constitutional rights, "You can't make people good by law. The only way to eliminate rum is to educate the people to its evils; lead them, not try to drive them." That method might be all right if it were not for the fact that we would be many generations educating the people—you and I would be long dead and our children and thousands of other people's children would have been subject to the daily temptations of the rum joint, and many of them would fall victims. It's poor economics to endeavor to destroy a poison ivy vine by beginning at its tip and chopping it to pieces. Dig up the root, and you have killed the whole plant.

Of course it's a great pity that we had to pass the Eighteenth Amendment. It would have been so much better if people had realized the evils of booze and had quit it of their own volition; but they kept on drinking and shooting and cutting and beating up their families or leaving them in poverty or both, and indulging in lecherous debauches, and keeping folks awake in the small hours by yelling on the streets, and vomiting on the sidewalks, and lying in the gutters so that you had to step over them to get anywhere, and seeing purple tarantulas with pink nightcaps on, and falling out of tenth story windows with no clothes on, until finally the Nation did the best it could by adopting the Eighteenth Amendment.

And if anyone tells you that conditions are worse than before the Amendment passed, just hark back five, ten or fifteen years; picture conditions then conscientiously to yourself, and you can say to the critic in the words of Hashimura Togo, "You are a short and ugly!" Don't accept conditions in New York and Chicago as representative of conditions the country over. Go back into the interior, especially in the Middle West, West and South, and you will find cities, towns and villages full of quiet, contented, law-abiding people to whom Prohibition is a closed incident.

I passed my very early life in the West, and I have never forgotten, nor shall I ever forget a trip with my father through what is now Oklahoma, but which was then the Indian Territory, in the '80's. I was only eight years old at the time, but my mental pictures of the trip are very vivid. There were only two railroads running into the Territory then, and outside of a few Indian agents, traders, employees of the two railroads and some nesters and outlaws, the population consisted of Indians and half-breeds.

We stopped at several of the little towns, and among others at McAlester.

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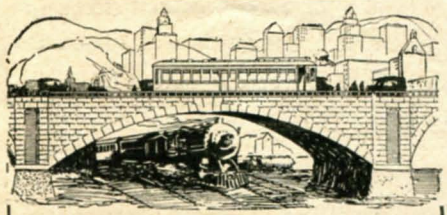

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There had been a pony-racing meet there the day before, which drew Indians and "breeds" from a hundred miles around, and the little hamlet was still agog with the excitement of the occasion. Although shipments of liquor into the Territory were strictly forbidden by law, yet in some manner or other the most of the crowd had contrived to get uproariously drunk. There had been a few pistol casualties, but the grog hangover was worse. All over town men were sitting, gloomily nursing aching heads, or lying against buildings or in spaces between buildings where they had been dragged to get them out of the way of traffic, and there they were sleeping it off. A pair of boots projected from under the porch in front of a general store, and the raucous snores that came from just beyond the boots indicated that the owner was still dead to the world.

But the picture that impressed my childish mind most strongly was that of a big half-breed who lay on the platform at the end of the railway station. He was lying flat on his back in the full glare of the midsummer sun, breathing with slow, stertorous snores. The heart and lungs were functioning sluggishly, the brain and nerves not at all. His cavernous mouth was wide open and flies ringed it about, crawling in and out or crowding and jostling each other away from the best places; but not a muscle of the face twitched nor did he heed the pitiless sun beating upon his head and eyelids, so deadened were nerves and brain by the toxins of liquor. As I gazed at him, I conceived a horror of the liquor traffic which has never been mitigated. A wet propagandist would have argued that these poor, ignorant wretches were exercising their personal right to drink if they chose. But did they have such a right?

What rights did the men have who smuggled rotten whiskey in and sold it to these men? And what shall we Caucasians say in our defense when charged with having debauched the whole Indian race? Jack London, in "John Barleycorn," very aptly says that if you had children in your family and also an open well in the back yard, you would certainly take steps to see that the well was covered so tightly that there would be no chance of the children's falling into it. Similarly, it appears to be not only our right but our duty to cap the Bottomless Pit of Alcohol, in order to save not only Indians but whites and all other races who may have (as many individuals do) wills no stronger than those of children.

Your body is given you to be kept clean and pure and healthy. Aside from your own comfort and convenience, it is your duty to your family, to your fellow citizens and to the Nation to keep yourself in as good physical, mental and moral condition as possible. Morally, you have not the liberty to consort with immoral people. You have no right whatsoever to vices.

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A. O. LEONARD
Suite 29, 70 5th Avenue New York City

You may argue, as many another has argued before you that a man's morals are his own affairs. Some are so bold as to say,—of a lone bachelor, for instance—that no one is harmed by his dissipations but himself. That is absolutely false. Even if he has no family to be shamed, every immorality that a man commits harms the whole community. It is a perpetuation of vice and a vile example to weaker spirits, and can find no encouragement in the moral law.

Working along such lines, we discover that you have no right to tell a smutty story, whether to men or women. I have discovered that some modern ladies—at least, they call themselves ladies—all puffed up with their new-found freedom, are now indulging in Rabelaisian humor, under the impression that they are thereby exercising another manly privilege. I am not aware that even men ever had any moral right to promulgate smut. Most of us have heard of the occasion when one of a party of men gathered with General Grant was preparing to relate a risque anecdote—he looked around and remarked, with a grin, "I suppose there are no ladies present?" "No," replied General Grant, promptly but quietly, "but there are gentlemen," and the anecdote remained untold. Even had there been present no gentlemen whose sense of decency would have been offended by the story, the teller would have had no moral right to pander to the low tastes of another type of men and aid in making them lower still.

If you are physically unfit, you have no moral right to marry; and if you are fit for marriage, you have no right to marry another person who is not. Some day, if people persist in marrying helter-skelter, upon a moment's acquaintance, with no thought of physical, mental or moral fitness, the State may, in desperation, take hold of this sort of thing and specify who shall and who shall not marry—and bing! away will go another one of your personal liberties!

I could name a few thousand cases in which your personal liberty is restricted by moral if not by civil law. The Bible says that no man lives to himself alone; which means that we are all interdependent and mutually responsible to and for one another. Poor, stupid Cain little thought what a foolish question he was asking when he said, "Am I my brother's keeper?" Marcus Aurelius saw it all clearly eighteen hundred years ago. "If," said he, "our intellectual part is common to us all, the reason also in respect of which we are rational beings is common; if this is so, common also is the reason which commands us what to do and what not to do; if this is so, there is a common law also; if this is so, we are fellow-citizens; if this is so, we are members of some political community; if this is so, the world is, in a manner, a state;"—a State ruled by the now often violated but eventually triumphant Moral Law.

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There is no more vivid nor more comprehensive statement of human responsibility and human amenity to the obligations of the Great Law than the avowal of the Apostle Paul, "If meat make my brother to offend, I will eat no meat while the world stands." That is the thing that circumscribes all our personal liberty; and the man who seeks to evade it, who insists that he should from civil law be free to indulge in the worst of sins if he so chooses is, according to the highest of ethical interpretation, a traitor to his fellow men; for even if he is not making war upon them, he is betraying them and giving their enemies "aid and comfort."

Do You Need Kicking?

PERHAPS some folks are so perfect, efficient, and systematic, that they do not need to be kicked or prodded from time to time. But most of us need something of the kind to remind us of the things that we should do.

For human nature is a curious institution, with many variations and traits and qualities. Some lean naturally toward ideals of self-discipline, while others lean more easily to laxity, carelessness and thoughtlessness in conduct. This thoughtlessness leads to neglect.

People may neglect themselves because they do not know any better. Often they know better but they are forgetful. That is why some wise old bird once said that the world needs not so much to be informed, as to be reminded.

National Physical Culture Week should serve each year as an impressive reminder of the need of physical fitness both personally and nationally. The PHYSICAL CULTURE Magazine is a monthly reminder and stimulant. Many of those who know what they need to do to keep themselves sound and vigorous, but who also know that they are prone to neglect themselves, feel that they need the monthly kick or prod that this magazine supplies.

Preachers, or shall we say clergymen, may well express their ideal of service by reminding their congregations at periodic intervals of the value of a clean, wholesome, and vigorous body as the basis of normal living and spiritual aspiration.

Likewise the newspapers, having even more completely and more constantly the ear, or perhaps we should say the eye, of the entire community, may avail themselves of a splendid opportunity for service by reminding their readers of the first duty of every man, woman and child, which is, to be normal, healthy and full of energy. The editorial writer in particular, may take the occasion of "National Physical Culture Week" to remind his community that the public welfare depends first of all upon the physical and mental integrity of the individual citizen.

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Love and Marriage 100 Years From Now

(*Continued from page* 65)

appearing in public in the dress different from that prescribed for their sex. I tried to explain to William that a healthy, normal sex development was altogether sweet and beautiful and not at all vicious and dangerous as was the diseased condition of his time when men were sex wolves and women sex lambs. He was unable to comprehend it, however, even while he admitted that it was delightful to see the sexes mingling without restraint. As he put it in his quaint way, "The women don't seem to be afraid of the men."

I can't pretend to tell of all the things that surprised him. One thing, however, seemed so odd to me that I note it here. We had been about for an hour or more when he said to me, "I don't see any saloons or any tobacco stores, and no men smoking."

I was mystified until after his explanation. "Saloons?" I queried. "And why should men smoke? There is no reason why their clothing should take fire. Was inflammable cloth used in your time?"

William stared at me and laughed as he grasped my misconception of his words. "I don't mean that." he explained. "In my time most men and many women smoked tobacco. Men did it openly, but women did it under cover. They put prohibition over on us—" meaning made a law prohibiting the drinking of alcoholic liquors—"and there was talk of prohibiting smoking tobacco. And it seems they got by with that too."

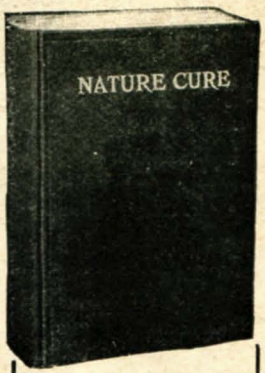
His explanation enlightened me. "No," I said, "the use of tobacco was not prohibited by law. Prohibiting the use of alcoholic drinks was such a dismal failure that finally the amendment to the Constitution was annulled. A wiser attitude toward sex was the beginning; and after that the laws of health were studied and taught. Naturally it followed that ill-health became almost disgraceful, and such drugs as alcohol and tobacco passed gradually out of use. Anyone who abused his health by the use of these or other pernicious drugs—and all drugs *are* pernicious—nowadays, would be shunned. Such a practice, in fact, would be looked on as evidence of unsound mind. You used to think that clean thinking and clean living could be brought about by legislation, but for many years we have known that knowledge alone brought the desire for health. I want to call your attention to the vitality and splendid appearance of the men and women you see."

He admitted that he had noticed the appearance of health and vigor in everybody, and had supposed it was due to the fact that doctors knew more now than formerly.

(*Continued on page* 161)

Pull Your Disease Out By the Roots-

Some twenty years ago I first learned from my own experience, that disease **can** literally be "pulled out by the roots." I was then almost a physical and nervous wreck, suffering from what doctors told me, and what I myself firmly believe, was an incurable case of diabetes and other serious complications. And I was doing the usual thing—suppressing every symptom by the orthodox method of dosing myself with such medicines and drugs as the medical profession declared could afford me only a small measure of temporary relief.



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I have proved conclusively that in the course of any disease, healing crisis can be brought about by Nature Cure Treatment. And when, through the bringing on of the healing crisis, the disease has run its course and normal health has been restored, the system, having undergone its purge, is stronger, more vigorous than before the disease attack. This has been demonstrated in thousands of the worst chronic cases which I have helped to restore to normal health. (Signed) HENRY LINDLAHR, M. D.

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Since turning to Nature Cure for relief from his own sufferings, Dr. Lindlahr has elaborated upon the earlier Nature Cure teachings and has reduced them to an exact science, marvelous in its simplicity, so easy is it to grasp and put into practice. Quite recently he has put into book form a full and complete explanation of Nature Cure philosophy, together with simple directions which make it easy for you to

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You will find this book a revelation in the art of right living—a never-failing well of inspiration and helpful understanding for anyone who suffers from disease in any form. It is a book which should be in every home throughout this broad land.

Dr. Lindlahr considers his book, "Nature Cure," of such great importance to the health and happiness of mankind that he will send a copy to any address merely upon receipt of the coupon.

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that have been found so indispensable to life and health.

Bernarr Macfadden
"Father of Physical Culture"

Bernarr Macfadden says:

"Through the ages milk has been the great builder of sturdy races. It has come to the aid of the ailing and the weak, and it has made of them men and women fit to face hardships in the world, and it has added years to their lives.

"Milk does not cure, as medicines have been supposed to cure—by magic. All sensible people know that drugs and external influences do not always cure. Nature cures. The body cures itself, provided helpful conditions prevail, giving the opportunity for self-readjustment.

And here lies the secret of the miracle of milk. Milk is a builder of tissue and an enemy of physical ills, because, more than any other food, it furnishes elements which are needed to make new blood.

Milk is undoubtedly more easily digested than any other food. It is more nearly akin to blood. It is quickly absorbed into the circulation and becomes a part of the tissues of the body; and the expenditure of considerably less energy is required for this than to bring about the chemical changes essential in preparing the ordinary foods for use in the human tissues.

The physical changes that can be brought about through the use of milk within a short period, would be considered unbelievable by the average individual. If you are "rundown," and should stumble upon a way to gain one or two pounds a week, you would feel that you had made a marvelous discovery. But when we say that this is only a fair average for those who have experienced the miracle of milk, we are not in any way overstating the facts.

Of course, in the case of those who are in extreme need of additional flesh, and who have been poorly nourished, the effect of milk is almost unbelievable in building up tissues and in ridding the system of impurities, which latter are often responsible for the majority of ills to which the human body is subject.

To-day any *honest* doctor of whatever school will tell you that nine-tenths of all effective medical or curative practice consists purely and simply in helping *nature* and that very, very few drugs have any real value as curative agents. The most that can be hoped for from drugs is to temporarily stay the progress of the disease. If nature does not seize upon the respite to begin active operations in casting out the ailment, the treatment is a failure, with valuable time and good money wasted.

In the final analysis it is *you* who must supply nature with the necessary assistance and that assistance must come in the form of *increased physical vitality.*

And here it is that MILK—THE MASTER HEALER with vitality and energy building powers greater, probably, than any other substance in the world brings quick re-enforcements of red, tissue building, disease fighting blood that will give your system the very vital energy needed to overcome practically any ailment that has fastened itself upon you.

In our adjoining column we quote a few paragraphs on the subject by Bernarr Macfadden, the renowned Physical Culturist, father and leader of the Physical Culture movement, which is increasing the health and strength and adding years to the lives of humanity by *just such methods as those advocated in the exclusive milk diet.* Coming from such an authority the words bear weight.

A few months ago PHYSICAL CULTURE Magazine printed an article on the Milk Diet that aroused universal interest and brought down upon us an avalanche of letters, urgently requesting further and more detailed information.

We knew of just two men who were qualified to supply this information in proper form for home treatment. Mr. Bernarr Macfadden himself, who has had the opportunity through his connection with The International Health Resort to personally study thousands of cases where the milk diet has been administered, and Dr. Chas. Sanford Porter, America's leading milk diet specialist. They consented to collaborate upon the subject and the result is a treatise that we are proud indeed to be able to supply as coming from the printing presses of PHYSICAL CULTURE CORPORATION.

"THE MIRACLE OF MILK"

By Bernarr Macfadden and Dr. Charles Sanford Porter

is now available in the form of a six lesson course. Simply written, easily carried out, with a marvelous depth of wisdom born of the widest kind of experience, the instructions tell you just what to do, *what not to do,* what to watch out for, everything in fact, that you could possibly need to know in order to get the last vestige of physical benefit from the exclusive milk regimen.

Now we ask you fairly, if you are weak and run down, or in the grip of some chronic disease or if in any way you are engaged in a struggle for health, can you afford to ignore such a treatment as this, where you have *everything to gain* and *nothing to lose,* where, whatever the outcome, the benefits derived will far exceed the time and trifling expense devoted to it?

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We want you to personally examine the Miracle of Milk and see for yourself the wonderful benefits you can derive from it. Simply sign your name to the attached coupon and mail to us to-day. The course will be immediately sent and your name entered for a one year's subscription to PHYSICAL CULTURE Magazine. Upon receipt of the course pay the postman only $4.00 for both items with the understanding that if for any reason you do not wish to retain the course you may send it back within 5 days after receipt for a prompt refund of your money.

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DO NOT FAIL TO READ PAGE 12

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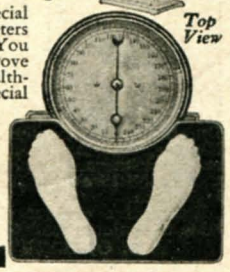

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(*Continued from page* 159)

"Yes," I agreed, "doctors do know a great deal more. In your time doctoring was a business, and an epidemic of sickness was a doctor's harvest time. Now we would be ashamed of an epidemic. Then a doctor used drugs to cure people; now he teaches them never to touch drugs. It is his especial business to tell people how to keep well. In your day people ate and drank for the pleasure of gratifying abnormal, diseased appetites. Now they eat and drink for the profit of doing so. And incidentally they obtain a pleasure unknown in your time. So it was with the abnormal sex appetite, which was gratified abnormally at the expense of health and happiness. We know now what you had only a glimmering of in your day, that without physical health there can be no mental, moral or spiritual health. We are not only better physically, but when you have been with us long enough you will see that we are better morally."

William was fatigued when we returned home, but tonight he is quite rested, and seems to be very happy in the society of Polly with whom he has struck up a great friendship, though I notice that her frankness in regard to matters taboo in his time, often startles him.

CHAPTER IX

(CONTINUING THE ORIGINAL NARRATIVE OF OLIVER RONDALE.)

Dorothy and I had a delightful visit with mother, who was charmed with the dear girl, of course. She was not a little pleased, too, with the knowledge that I had at last chosen a mate, for she had been afraid that my devotion to my work would result disgracefully in my remaining a bachelor. Also she was very happy to know that I had escaped a marriage with Mary, whose reactionary ideas she did not approve of any more than I did.

We spent the night at Mother's and the next morning returned to Dorothy's home and set about making preparations for our journey to the valley for more clay, taking with us the parts necessary for the repair of Dorothy's plane. We were to bring back, also, a number of things that William desired from his house.

We were very happy in the prospect of our trip, for we wished for an opportunity to be alone. The more we saw of each other the greater our love grew, and we craved the solitude of the beautiful valley where we could exchange the thoughts that crowded on us.

"How long will you be gone?" William asked with an uneasy air.

"A week or two," I answered.

"You don't mind?" he asked of Mr. Mason who was there.

"Of course I shall miss Dorothy," he answered; "but I must get used to her absence."

Afterward Mr. Mason amused us very

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much by telling us of a conversation he had with William, who drew him aside a little later, and said: "Do you really think it safe and proper for them to go alone? I know you don't look at things as I do, but I wouldn't allow a daughter of mine to go off in such a way."

"Why not?" demanded Mr. Mason, who had not yet accustomed himself to William's dreadful attitude.

"Well," responded William earnestly, "I don't care how much times have changed, young people are still young people. Suppose anything should happen?"

"My plane is in perfect order," explained Mr. Mason. "Of course something might happen, but Dorothy is a resourceful girl, and I have the greatest respect for Oliver's abilities."

"I don't mean that," insisted the old man. "What I mean is—well, to speak plainly, suppose they should be carried away and anticipate the wedding ceremony."

For a moment Mr. Mason failed to understand; then it came to him, and he laughed. "I see," he said, "that you are still troubled by the old thought that all men are sex wolves. You need have no fear. In the first place Dorothy is able to take care of herself; and in the next place the sort of thing you fear never happens in this day. I can't even imagine it."

"Well," muttered William, "I'll be glad when I see them married. It looks like a dangerous thing to me."

"It only shows," commented Mr. Mason to me after repeating this conversation, "what a degraded state the world was once in."

Dorothy and I had a delightful trip. She sat by my side as the swift plane glided along at nearly three hundred miles an hour, silent for a while, but later dreaming aloud of the happy future when we should be in a home of our own with our children about us.

We made the journey by easy stages for our greater enjoyment. We spent one night in Chicago and another night in Denver; and then, early in the morning took flight for the valley—Happy Valley, we called it between ourselves.

Both of us confessed to a thrill of joy as we came to earth in that lovely spot, and Dorothy exclaimed as she stepped out of the plane and looked about, "What a spot to spend our honeymoon in!"

"We'll do it," I responded eagerly, taking her into my arms and kissing her.

"And now," she suggested, "what if we take a bath?"

"Why not a swim in the lake? You haven't been over there yet," I amended her suggestion.

She was as eager for play as I was, so in a few minutes we were on our way to the beautiful sheet of water; arms about each other and talking with the freedom that seems only possible in such a lonely spot. I often recall those happy, foolish

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moments, though I wonder if any moments can be called foolish that are so filled with joy.

I was delighted to find that Dorothy was almost as good a swimmer as I, though the water was so cold that we did not remain long enough for more than one short race. After that I took her to William's little house where I gathered together the articles he had described as wishing to have.

When we came out of the house, Dorothy suddenly stopped and put a restraining hand on me. "I think," she whispered, "that I hear the purring of an engine. Surely you stopped ours."

I listened and could hear it too; and as I caught the pulsating throb, a feeling of despair filled me. "Dorothy," I gasped, "it is Mary; I cannot be mistaken in that missing beat."

Dorothy stared at me wide-eyed. "Now what can that girl be doing here?" she wondered, consternation written on her sweet face.

I feared the worst, but I had no conception of what lengths her insane jealousy would inspire her to go. I was soon to know, however, for I caught Dorothy by the hand and started on a run toward the direction from which the sound came.

The next installment of "Love and Marriage 100 Years from Now" will appear in PHYSICAL CULTURE for June.

Old Dr. Cow—Specialist in Chronic Cases

(*Continued from page* 44)

whom I consulted stated that what I had was neuritis; complicated with sciatica.

He treated me for a number of weeks, but with only slight results.

At the suggestion of a very eminent physician in Brooklyn, I then cut down my protein intake, and went on an almost exclusively vegetarian diet.

I persisted in this for several weeks, but got gradually worse, and more and more weak all the time. One of the most distressing symptoms was an obstinate constipation.

I then went to a first-class osteopath and took a course of treatments, which helped some, but which were only palliative in their results.

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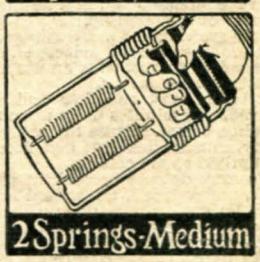
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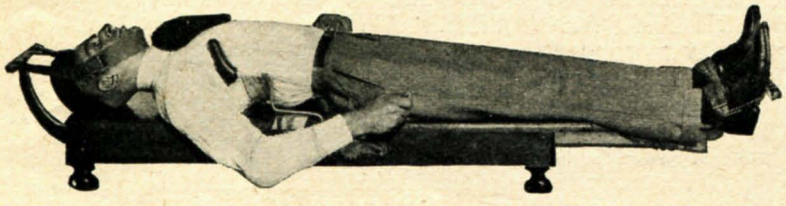

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You will find, too, that all itching of the scalp will stop, and your hair will look and feel a hundred times better. You can get Liquid Arvon at any drug store. A four-ounce bottle is usually all that is needed.

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Be Sure and Read Page 000

I was very much run down when I arrived—weighing only one hundred and twenty-seven pounds.

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This caused me to eliminate a tremendous amount of toxic material.

I was then placed on a milk diet, but this produced a pronounced diarrhea. So I discontinued the milk, and went back to oranges and water, on which diet I continued until fifteen days had elapsed.

Meantime I had had a number of chiropractic treatments, which greatly relieved the tenderness along my spine, and helped the sciatica and neuritis to a remarkable extent.

On the fifteenth day I was again put on a milk diet. This time I relished the milk, and "took care of it" wonderfully well.

Very soon I was taking six quarts of milk and a whole package of dates every day. Inside of two weeks I had gained twelve pounds. My pulse rate increased from sixty to seventy-two.

I am now leaping back to physical perfection, and feel better and brighter than I have for many years.

Most of my pain is gone. Bowels move quite regularly. My mental faculties are keener than they have been for years; while the sciatica, I am happy to say, is banished.

I sincerely believe that fasting and the milk diet are two of the greatest factors for overcoming disease that have ever been used.

Why they are not more universally employed by the medical profession in general is a problem that is too deep for me to solve.

My Cure of Intestinal Indigestion and Acidosis

By John McKenzie,
Shanghai, China

My father is a Scotchman, my mother is Chinese. All my life a very considerable part of my diet has been polished rice.

I believe, from what I now know about diet and its importance, that this was the beginning, middle and end of the condition of dry skin, rheumatism, intestinal indigestion and the constipation from which I have suffered most of my life.

Two years ago I broke down with rheumatism, which kept me in bed two months. The pain began in the spine, and gradually extended over the entire body, with considerable thickening of the joints.

After I had recovered somewhat, I went back to work, but found that I could no longer concentrate, and that I dreaded meeting people.

I finally had to give up my work in

Shanghai, and accept a position with the Standard Oil Company in Hong Kong.

It was very hot there. Nevertheless, I came down with another attack of rheumatism which confined me to the hospital for two months.

Here I was given electric light treatment, with the actinic ray—from which I seemed to derive some temporary benefit.

About two years ago I subscribed to PHYSICAL CULTURE Magazine. I read the articles on the value of mineral salts and the so-called vitamines, by Dr. Bowers, Alfred McCann and other diet experts.

This information was a revelation to me. No doctor I had ever met in the East had ever mentioned the importance of these things.

To think that such crippling conditions as rheumatism and joint troubles could be caused by an excess of rice or other starchy foods, and a lack of alkaline bases in the diet, was the most astonishing thing I had ever conceived of.

I tried to follow the teachings of the PHYSICAL CULTURE Magazine at home, but it was absolutely impossible to get whole wheat, natural rice, and vegetables prepared so as to preserve the mineral salts they contain. As for taking exercise, the people would think you were crazy.

So I made up my mind I'd come to America and learn how to live and eat properly. It was a long distance to come—just to learn something. But I'll never regret it.

For, almost from the first, I commenced to improve as the mineral salts in the milk and oranges I consumed corrected my acid state.

Now, in addition to the milk and oranges, I have steamed vegetables, whole wheat bread (I never want to see rice again) and eggs—which I understand are rich in lime salts.

The tenderness over my abdomen is practically gone now, as is the palpitation of the heart—which the doctors here tell me comes from a lack of the proper amount of mineral salts in the blood.

The catarrh, from which I suffered for years, has almost disappeared.

A prolapsed condition of the stomach and bowels has been almost entirely overcome by appropriate exercise.

And I am happy to say my rheumatism is a thing of the past.

For all of this I have to thank the PHYSICAL CULTURE Magazine and its wonderful and helpful teachings.

How Many Women Face This Problem?

IF you found that your husband was slipping away from you and faced the problem of how to win him back, would you be equal to the occasion? One woman was, and her story of how she did it won the third place in our recent contest "My greatest problem—How I Solved It." You will find it in PHYSICAL CULTURE next month.

THE PAGE SYSTEM

THE PARENT SYSTEM OF NATURAL TREATMENT

Chas. E. Page, M.D.
The Pioneer "Naturalist"

of 120 Tremont Street, Boston, whose radical articles in PHYSICAL CULTURE, years before he ever thought of advertising, excited so much interest in CURATIVE TREATMENT, opposition to needless operations, etc., can be consulted at office or by letter for all diseases, chronic or acute. EVERY POSSIBLE AID to cure is brought to bear; EVERY KNOWN AID for the PREVENTION OF DISEASE AND SICKNESS taught.

TAKE NOTICE: NO OTHER PRACTITIONER of any school has had anything like my experience in long distance treatment. Ask the publishers of this magazine if you have any doubt of this.

DESPONDENT SUICIDES: Every day the papers report such cases. Many inquirers have written of having such a tendency; but I have by right treatment made this a jolly world for them well worth clinging to.

Prostatitis:

MANY MEN have this disease at 25; few at 45 to 50 escape it. It demands the most skilful local treatment, such as I am directing to scores of sufferers all over the country who apply it successfully with no inconvenience. Many men, hearty, and well every other way, have the disease which tends to bring disaster. "The White Booklet" tells the PROSTATE story. Mention this if so troubled.

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MEANS PRECISELY WHAT THE TYPES SAY; it has worked successfully in the worst cases that ever came under a physician's care during the past 30-odd years. It applies to all known diseases WITHOUT EXCEPTION. Victims of wrong treatment especially need it.

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WHY should you "feel great" only *some* of the time? Why have only half health, half energy, half life? The state of your health is up to you. You can be nervous, weak, and sickly—or you can be strong, healthy, and sick-proof.

You rule your health as surely as you rule your actions. If you are not enjoying the 100 per cent health which makes life so much worth the living it is merely because you haven't employed the methods provided by Nature to keep you well. "But what are these methods?" you say. "How can I learn these secrets of glorious daily health?"

These methods and secrets of perfect health are now unfolded to you. The lifetime experience of Bernarr Macfadden, America's greatest health advisor, is now put before you. In his wonderful five-volume Encyclopedia of Physical Culture are the methods which have brought perfect health to thousands of sufferers from all manner of ill-health.

Why Lose $4100?

$4100 is about what sickness costs the average person during his life-time. The person who does not understand Nature's methods of preventing and curing sickness is ill an average of 21½ days each year—or a total of about 3½ years in his life-time. Suppose that person earned the very moderate salary of $20 a week—his total loss would be about $3700. Then think of the worry of sickness, the inconvenience, the doctor and hospital bills, the pain—whatever of this can be figured in mere money would bring the average person's loss because of sickness to about $4100.

Why be among this class who must be economical in order to pay bills due to ill-health, who must suffer the pain and inconvenience of sickness, all because they do not know how to *build health?* Thru Bernarr Macfadden you can learn the methods which will bring you the perfect health and powerful body you have always wished for.

Feel 10 Years Behind Your Real Age

The way you feel and not the number of your years is the real barometer of your age. Why catch up to your years? Nature's methods of keeping you healthy will keep you young too. Learn them. You can look and feel at least ten years behind your real age. Thru learning Nature's secrets Sanford Bennett at 70 brought himself physically back to 50. You too can apply the natural methods of bringing back youthful "pep," vitality, and bodily vigor. Thru these methods hundreds have been guided by Bernarr Macfadden to renewed youth and wonderful health that never skips a day.

In his wonderful Encyclopedia, Mr. Macfadden gives these secrets and methods and tells how to apply them. For every ailment the Encyclopedia has a natural method that has made good. The "daily guide to perfect health" it has been called, and it is worthy of its title.

A Complete Education in Physical Culture

This set of five volumes contains a complete education in Physical Culture and Natural Curative Methods—the equivalent of twenty comprehensive books on the following phases of health and vitality building.

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Guiding health seekers for more than 30 years—this has been Bernarr Macfadden's preparation for this remarkable work, the Encyclopedia of Physical Culture.

This great work is a complete "natural-method" doctor. It tells how to build health, vitality and strength for every member of the household, young and old. It describes the symptoms of every known disease and gives detailed instructions for treatment. It contains invaluable information on fasting, diet, exercise and hydropathy for health and beauty building. A thorough and extensive treatment is given of the laws of sex, the attainment of virile manhood and womanhood, and happy, successful parenthood, together with details for the diagnosis and treatment of all sexual diseases. Handsomely illustrated charts on anatomy and physiology are given.

A reading of the two panels printed here will give you a better idea of the vast scope of this Encyclopedia of Physical Culture. In it is contained the equivalent of at least twenty complete books. The Encyclopedia contains more than 3,000 pages and 1,200 illustrations besides scores of color plates.

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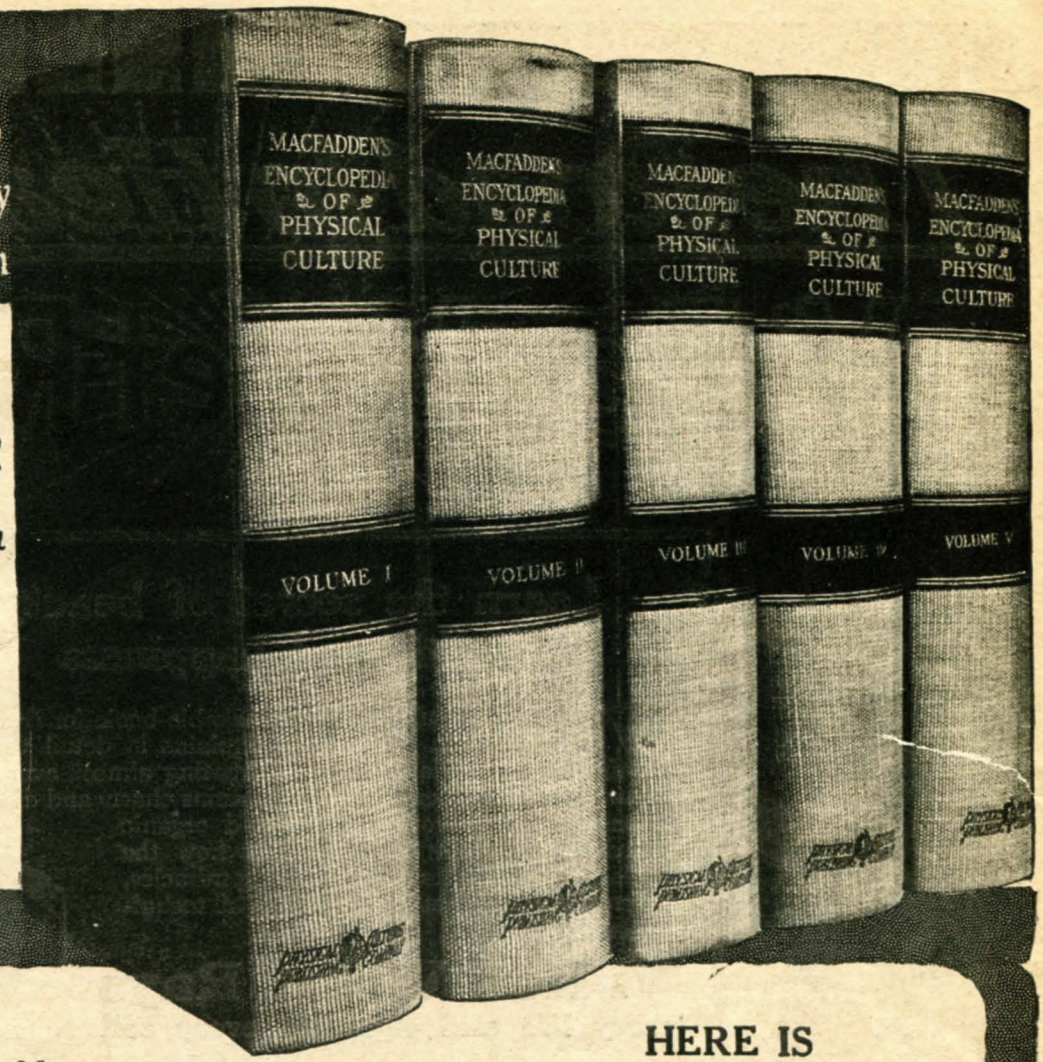
A Complete Guide-Course to Perfect Health by Bernarr Macfadden



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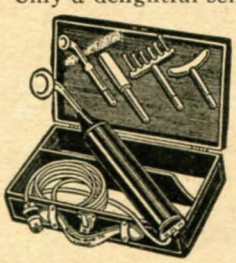

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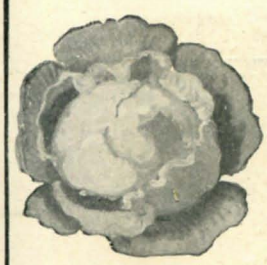

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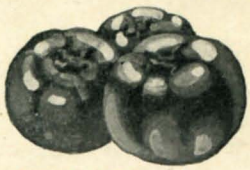

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SCIENTISTS have long studied the relative values of proteins, carbohydrates, and mineral salts, but it is only during, and since the war that the all-importance of vitamin value has been discovered. Modern science has made *special* progress in the unnoticed little things—radium, a grain of which can fill a house with life-giving rays the spark of the wireless which carries half around the globe, and now the vitamin. *This last is, perhaps, the most far reaching subject to come to the world in a century of scientific progress. The* **stupendous** *possibilities beggar belief.*

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Also report by Forsythe Dental School on "Tests on Vitamins and Tooth Growth."

Also the week's supply of concentrated vitamins foods from your laboratories, these being made from fruit juice and seeds.

On receipt of the above I shall pay the postman $1.97 plus postage and charges, with the understanding that if I do not feel fully satisfied I may return the books and other literature and there will be no charge for the supply of vitamin foods and all I have paid the postman will be promptly refunded.

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Occupation_____

To the Housewife:

Start right now with these simple and by no means new suggestions!

Cook your foods less, cook far below boiling point. Don't kill the vitamins.

Utilize the water you used in cooking meats and vegetables. 75% of the vitamins are in the water.

If you eat polished rice, and white bread, make up for this with large quantities of green fresh vegetables, and fruit juices.

If you eat meat, know the vitamin value of liver and yellow gland fats.

Use more milk and Vitamin milk products.

Use more absolutely fresh greens.

Learn *how* to cook bananas.

But do more: Study the subject of vitamins while studying also the protein, carbohydrate and mineral values and learn just what foods to serve to children of different ages and different types of adults.

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Vitamin Research Association

New York Office
1819 Broadway

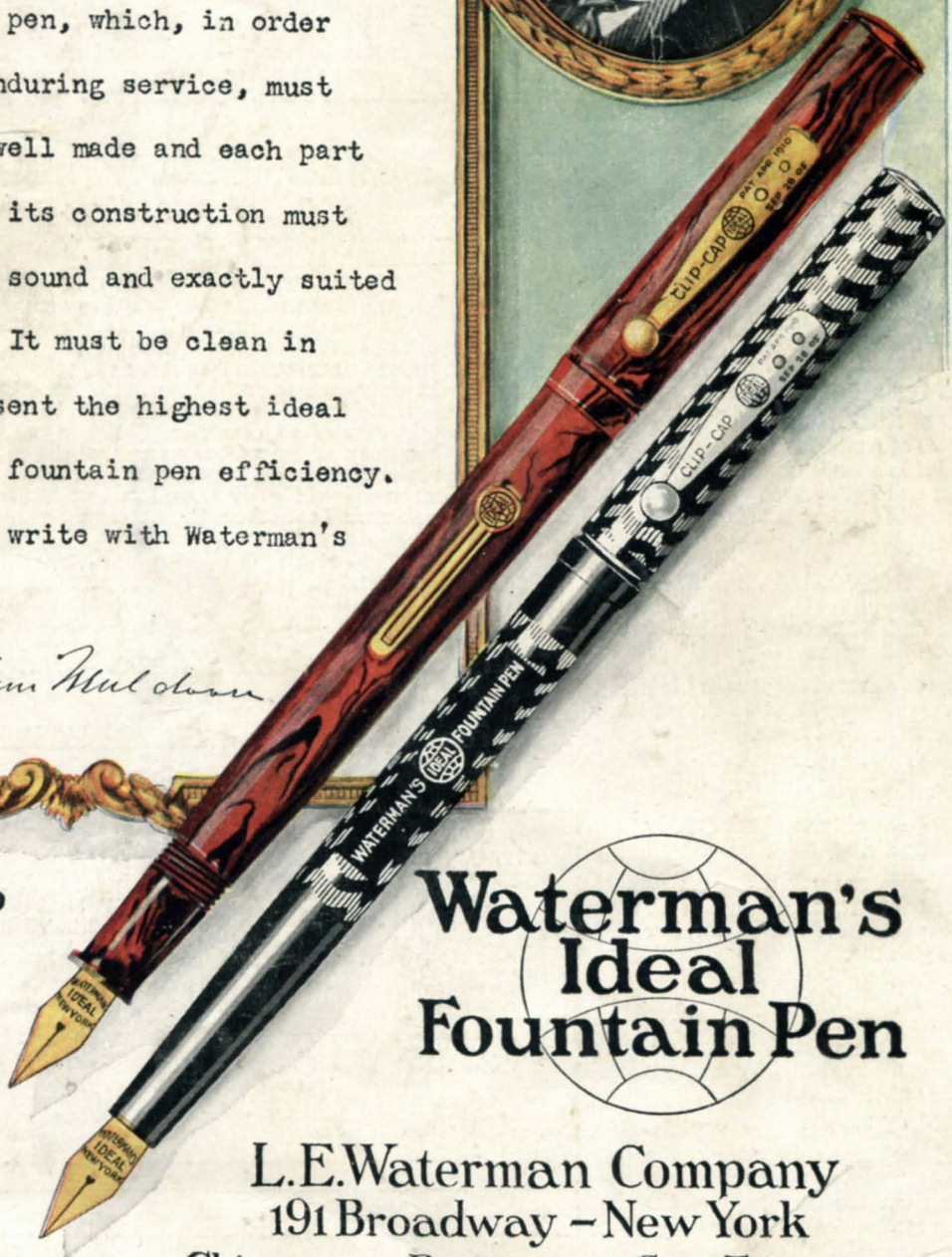
The shortage of vitamins in our artificial diets today endangers the health of all of us.

As Muldoon sees it

Long life in a man depends on physical activity, clean living and high ideals. This is likewise true of your fountain pen, which, in order to give you an enduring service, must be mechanically well made and each part that enters into its construction must be fundamentally sound and exactly suited to its purpose. It must be clean in action and represent the highest ideal of the moment in fountain pen efficiency.

That's why I write with Waterman's Ideal.

William Muldoon



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